NOVA SCOTIA
Senior Citizens' Secretariat

Programs for Seniors 2004

15th Edition

Healthy, Active Living!

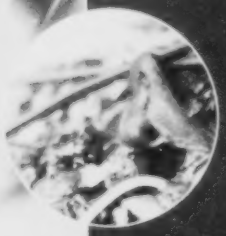
Inside:
Valuable information
for those 50+
and their families

Complimentary Copy

Always on your side!

Talk to Your Sobeys Pharmacist about...

Medication



Nutrition

Life Style

Wellness

Health Care

Your pharmacist can do much more for you than you'd expect. As the most accessible health care provider in the community, your pharmacist is often your first point of contact with the health care system and is an excellent source of information.

In addition to advice and information about the best way to take your medicine, your pharmacist can help you with a variety of other health concerns, including help with conditions such as diabetes, asthma, high blood pressure or high cholesterol. He or she can provide sound, up-to-date advice on staying well and preventing disease. Your pharmacist can also help with lifestyle changes...for example, how to quit smoking. Talk to your pharmacist.

Sobeys Pharmacy

Sobeys
Ready to serve.

...and much more.

A Message from
The Honourable John F. Hamm
Premier of Nova Scotia

The Government of Nova Scotia is proud of this edition of *Programs for Seniors*. Fifteen years of providing this service to the seniors in our province is quite an accomplishment.

Nova Scotia's seniors play a vital role in the development of their communities and our province. As volunteers, community leaders, caregivers, and concerned members of society, seniors help us learn about our past in order to pave the way for our future.

I am confident that you and your family will find this publication a valuable resource. Its expanded directory includes services and activities available to address the health, wellness, and financial concerns of seniors in Nova Scotia.

On behalf of all Nova Scotians, I would like to thank all seniors for making such tremendous contributions to our province.

Sincerely,

John Hamm

John Hamm

A Message from
The Honourable Angus MacIsaac
Chairperson, Senior Citizens' Secretariat

It is my pleasure, as Chairperson of the Senior Citizens' Secretariat, to extend best wishes to Nova Scotia's seniors in 2004.

As we adapt our programs and services to accommodate an aging population, the Secretariat plays an increasingly significant role in communicating and consulting with seniors and seniors' organizations.

I very much appreciate the advice of seniors in helping us to identify areas of priority. I also commend seniors' organizations for their role in supporting the interests of seniors throughout the province.

We welcome your comments on this 15th edition of *Programs for Seniors*. Over 75,000 copies of the directory will be distributed this year, in addition to it being available on the Secretariat's website.

Should you have any additional questions, I encourage you to call our seniors' information line at 1-800-670-0065. Our staff will be pleased to assist you.

Yours truly,

Angus MacIsaac
Chairperson, Senior Citizens' Secretariat

Personal Information

Name _____

Address _____

Postal Code _____

Telephone _____

Social Insurance _____

Nova Scotia Health Card

_____

Name, address and telephone number of:

Relative _____

Friend _____

Doctor _____

Lawyer _____

Clergy _____

Social Worker or Counsellor

_____

Other telephone numbers:

Home Care 1-800-225-7225

Long-Term Care 1-800-225-7225

Pharmacy _____

Emergency numbers:

Ambulance, Police, Fire **911**

Help Line _____

Hospital _____

Poison Control _____

When calling 911 say:

"This is an emergency!"

Tell the operator where help is needed and try to give the exact location of the emergency, if possible.

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7. Quadrangle performs at the 50+ expo.

8. Blood pressure test, 50+ expo.

Frequently Called Numbers

Birth, Marriage and Death Certificates 1-877-848-2578

College of Physicians and Surgeons – NS 902 422 5823

Continuing Care Services 1-800-225-7225

- Home Care
- Long-Term Care
- Adult Protection

General Enquiries (Federal) 1-800-622-6232

GST Refunds 1-800-959-1953

902-426-3972

Income Tax (Personal Tax and Volunteer Clinics) 1-800-959-8281

Insurance Bureau of Canada (IBC) 1-800-565-7189

Legal Information Society 902-454-2198

Medical Society of Nova Scotia 902-468-1866

MSI 1-800-563-8880

OAS/GIS and CPP *(English)* 1-800-277-9914
(French) 1-800-277-9915

Office of the Superintendent of Insurance (NS) 902-424-6331

Pharmacare Program 1-800-544-6191

Property Tax Rebate 1-877-296-9338

Provincial Tax Information 902-424-6300

Public Enquiries (Nova Scotia) 1-800-670-4357/902-434-5200

- General Information
- Consumer Information and Complaints
- Access Nova Scotia
- Debtor Assistance
- Residential Tenancies and Condominiums

Senior Citizens' Secretariat 1-800-670-0065

902-424-0065

Seniors' Safe Driving Discount Program 1-800-898-7668

902-424-5851

Superannuation Plans *(Provincial)* 902-424-5070
(Federal) 1-800-561-7930

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Questions About Programs and Services for Seniors?

Call the **Seniors Information Line** at the Senior Citizens' Secretariat.

Phone **424-0065**
Toll-free **1-800-670-0065**

Nova Scotia Senior Citizens' Secretariat

The Nova Scotia Senior Citizens' Secretariat, chaired by the Honourable Angus MacIsaac, Minister of Health, is the central site for the affairs of Nova Scotia's seniors. Its mission is to coordinate the planning and development of policies, programs, and services for seniors. To fulfill its mission, the Secretariat seeks the input of seniors and works closely with other government departments and agencies. It also provides resource materials and information about aging in Nova Scotia. The Ministers of the Secretariat are:

Honourable Angus MacIsaac
Minister of Health, Chair of the Nova Scotia Senior Citizens' Secretariat

Honourable David Morse
Minister of Community Services

Honourable Barry Barnet
Minister of Service Nova Scotia and Municipal Relations

Honourable Jamie Muir
Minister of Education

Honourable Rodney MacDonald
Minister of the Office of Health Promotion and Minister responsible for the Nova Scotia Sport and Recreation Commission.

Did You Know?

8,100 Nova Scotians will celebrate their 65th birthday in 2004.

Seniors' Information Line — To obtain information on programs and services for seniors or discuss any concerns you may have, call the Secretariat from anywhere in Nova Scotia, at no charge to you. *Hours:* Monday to Friday, from 8:30 am–4:30 pm, except holidays. An answering machine records messages left after hours and staff respond to them the next working day.

Phone: . . . . . .(902) 424-0065

Toll-free: 1-800-670-0065

Information Resource Centre — Visit the Secretariat's Information Resource Centre where you can browse through or borrow the latest publications on aging. The collection includes journals, books, magazines, newspapers, newsletters, videos, and pamphlets. The centre is located on the 4th Floor, Dennis Building, 1740 Granville Street, Halifax. *Hours:* Monday to Friday, 8:30 am–4:30 pm.

E-mail: scs@gov.ns.ca

Website: www.gov.ns.ca/scs

Nova Scotia Seniors' Art Gallery and Photo Gallery — If you're an artist or photographer aged 50+, consider displaying and selling your work at either the Seniors' Art Gallery or Photo Gallery, located in Halifax, at the World Trade and Convention Centre. See page 37 for more information.

50+ Expo – Life is What You Make It — 50+ Expo is a consumer trade show and exhibition for the 50+ crowd and their families. Plan to attend this year's expo, June 11 and 12, 2004, at Exhibition Park, in Halifax. See pages 37 and 38 for more information.

Publications — Contact the Secretariat for copies of the following publications, or download them from the Secretariat's website.

Programs for Seniors — You're reading this informative directory now! To suggest additions, place an ad, or request additional copies, contact the Secretariat.

A Statistical Profile of Nova Scotia Seniors — This publication covers a range of topics from education and health to leisure and finances. Facts, graphs, and statistics help paint a clear picture of the 65+ population. Population projections provide insight into the future as our population ages.

Elder Abuse — This pamphlet gives a basic introduction to the seriousness of elder abuse. It provides definitions, terminology, and instruction about what to do if abuse is suspected.

Newsletter — This quarterly publication provides helpful advice and information for seniors, their families, and those with an interest aging. Your letters, articles, and items of interest are welcome.

Directory of Senior Citizens' Councils, Clubs, Centres, and Organizations — Contains the latest contact information for these active seniors' organizations.

Focus Fifty + — Features the first of a new series of brochures: No. 1: *Focus on Automobile Insurance*

For more information, contact:

Valerie J. White
Executive Director .....(902) 424-6322

Heather Praught
Coordinator .....(902) 424-4649

Stephen Coyle
Research/Policy Analyst ..(902) 424-4735

Bill Hughes
Manager of Special Projects .(902) 424-4779

Mary Boutilier
Administrative Assistant .(902) 424-4737

Jane Mayer
Project Officer .....(902) 424-5874

Jane Phillips
Librarian .....(902) 424-4710

Senior Citizens' Secretariat
1740 Granville Street, 4th Floor
PO Box 2065, Halifax, NS B3J 2Z1
Phone: .....(902) 424-0065
Toll-free: 1-800-670-0065
E-mail: scs@gov.ns.ca
Website: www.gov.ns.ca/scs

For information or assistance

Mayor Peter J. Kelly
Halifax Regional Municipality
Tel: 490-4010 Fax: 490-4012
Email: kellyp@halifax.ca

00186029

A regular Pap test could save your life!

Seniors' Organizations in Nova Scotia

Nova Scotia Seniors' Organizations — Group of IX

The Ministers and staff of the Senior Citizens' Secretariat consult actively in a variety of ways with seniors and retired Nova Scotians. Methods of consultation include the Secretariat's fall and spring consultations with seniors councils, seniors centres, and related agencies, and regular meetings with the Group of IX Seniors' Organizations, an advisory group to the Secretariat on seniors' issues.

The Group of IX is independent of government. It may consult with other organizations and special interest groups in an effort to be fully informed and representative of the senior population of Nova Scotia. The Group of IX provides advice to the Minister of Health on matters such as Pharmacare and continuing care. Organizations whose elected representatives form the Group of IX are:

- Canada's Association for the Fifty-Plus (CARP)
- Canadian Pensioners Concerned, Nova Scotia (CPC)
- Federal Superannuates National Association, Nova Scotia Region (FSNA)
- Federation of Senior Citizens and Pensioners (FSCP)
- Gerontology Association of Nova Scotia (GANS)
- Nova Scotia Government Retired Employees Association (NSGREA)
- Royal Canadian Legion, Nova Scotia/Nunavut Command (RCL)
- Regroupement des Aînées et Aînés de la Nouvelle-Écosse (RANE)
- Retired Teachers Association of Nova Scotia (RTA)

Organizations represented by the Group of IX are affiliated with national bodies that meet with the Government of Canada through the Congress of National Seniors Organizations, a national forum (see page 22).

For more information, contact:
Phil Hughes
Chairperson, Group of IX
57 Willowdale Lane
Antigonish, NS B2G 2J1
Phone: . . . . . .(902) 863-6185
E-mail: philhughes@ns.sympatico.ca

Canada's Association for the Fifty-Plus (CARP)

CARP promotes the rights and quality of life of mature Canadians (50 and older). It develops practical recommendations on a variety of issues, including an integrated health care system, the new face of retirement, agism, successful aging, retirement income, and environment. CARP is a non-profit association and does not receive government-operating funds.

Membership fee is $19.95 per year ($49.95 for three years), including spouses. Members can save on products and services and receive the magazine CARP News 50+, mailed to members six times per year.

For more information, contact:
Redvers F. Cainey
Representative (Nova Scotia and PEI)
26 Millwood Drive
Sackville, NS B4E 2V3

Phone: . . . . . .(902) 864-7407
Toll-free: 1-800-363-9736

Canadian Pensioners Concerned Nova Scotia (CPC)

CPC addresses issues affecting older Nova Scotians, their families, and caregivers. Issues include: housing, pensions and finances, health care, abuse, legal concerns, transportation, and other issues. Anyone over 18 years of age can join and attend the monthly meetings.

The organization's ongoing activities include researching and preparing briefs, reports, and educational materials; communicating with government and networking with other organizations; taking part in conferences and meetings; sponsoring and implementing projects; hosting forums and workshops; and providing information on numerous topics that are of interest to the public.

You can also order publications from CPC, including: *Battered and Betrayed*, a book about elder abuse; *Action Through Advocacy*, an information/skills book; *My Plans for Me*, an education kit about advanced health-care directives; *Part of the Process*, enabling older caregiving women to participate; and *The Law and Older Nova Scotians*, a handbook of federal and Nova Scotia law, and other related issues.

CPC operates a walk-in information office, Monday to Friday, 10:00 am–4:00 pm (reduced summer hours).

For more information, contact:
Joan Lay, President CPC
2615 Northwood Terrace
Rooms 721/722, Northwood Manor
Halifax, NS B3K 3S5

Phone: . . . . . .(902) 455-7684
(902) 477-5151
E-mail: cpc@ns.sympatico.ca
Website: www3.ns.sympatico.ca/cpc

Federal Superannuates National Association (FSNA)

FSNA advances, promotes, and protects the interests of those who have retired from the federal public service, armed forces, the Royal Canadian Mounted Police, and the Federal Judiciary. FSNA is recognized by governments, national unions, and staff associations as the voice for federal superannuates. Federal superannuates who have questions about their pensions, may call **1-800-561-7930** for information.

For more information, contact:
Kenneth F. Brown
Regional Director, Nova Scotia
30 Brookdale Crescent, Unit 104
Dartmouth, NS B3A 4T7
Phone: . . . . . .(902) 463-2832
E-mail: nsfsna@attcanada.ca

or

Paul Cadeau
Deputy Regional Director, Nova Scotia
Phone: . . . . . .(902) 462-8278
E-mail: paulacadeaupaul@cs.com

or

Federal Superannuates
National Association
1052 St. Laurent Blvd.
Ottawa, ON K1K 3B4
Phone: . . . . . .(613) 745-2559
E-mail: info@fsna.com
Website: www.fsna.com

Federation of Senior Citizens and Pensioners of Nova Scotia (FSCPNS)

This organization is composed of seniors' clubs and councils. It monitors seniors' programs, services, and benefits. It also

advocates for their maintenance and works closely with the eight other major seniors' organizations and the Nova Scotia Senior Citizens' Secretariat.

For more information, contact:
Eileen Amirault, President
Box 222, West Pubnico
Yarmouth, NS B0W 3S0
Phone: . . . . . .(902) 762-2058
or
Edda Ferguson, Secretary
25 Windsor Way
Truro, NS B2N 6Z5
Phone: . . . . . .(902) 893-1561

Gerontology Association of Nova Scotia (GANS)

GANS is an organization with representation from seniors, professionals, individuals, and organizations. It offers opportunities for individuals and organizations to meet and share their concerns about aging and supports gerontological research in the province. Activities include: workshops, educational seminars, student scholarship, educational symposium, and a newsletter.

***LinkAGES* – www.communityzero.com/**
This user-friendly, up-to-date, interactive website is for and about older Nova Scotians. It features the latest information on issues such as health, aging, and social services. Users can sign on to share insight and views on various concerns through current opinion polls and online discussion groups.

For more information, contact:
Nila M. Ipson, Vice-President
PO Box 952 Halifax Central
Halifax, NS. B3J 2V9
Phone: . . . . . .(902)494-3391
E-mail: nila.ipson@dal.ca
Website: www.communityzero.com/linkages

Nova Scotia Government Retired Employees Association (NSGREA)

NSGREA is dedicated to the well-being and comfort of pensioned, former employees of the Nova Scotia Government.

It serves as an advocate, helping to oppose restrictions or reductions by provincial and federal governments on pension benefits. NSGREA has grown to 2,800 members since it was founded 14 years ago. All recipients of Nova Scotia Public Service Superannuation Allowance may join. Annual dues are $20.

For more information, contact:
Bernie LaRusic, President
477 Cobequid Road, Unit 2
Lower Sackville, NS B4C 4E9
Phone/Fax: . . . . . .(902) 562-1901
Toll-free: 1-800-677-8666
E-mail: nsgrea.ret@ns.sympatico.ca
Website: www.nsgrea.ca
or
Sharon Braine, Membership Secretary
Phone: . . . . . .(902) 865-5050

Nova Scotia Retired Teachers Association (NSRTA)

NSRTA is an association of the Nova Scotia Teachers Union. Its mission is to maintain contact with retired teachers, to stay informed about educational matters, and to take part in helping to improve the quality of life for children and colleagues.

All former educators in receipt of a teachers pension are eligible for membership. *Membership fee:* $10 per year.

For more information, contact:
Phil Hughes, President
57 Willowdale Lane
Antigonish, NS B2G 2J1

Phone: . . . . . .(902) 863-6185

or

Debby Savoie
Nova Scotia Teachers Union
Toll-free: 1-800-565-6788

Regroupement des Aînées et Aînés de la Nouvelle-Écosse

Cette association est née lors d'un colloque tenu les 26 et 27 octobre 1994 à Halifax.

Les buts du Regroupement sont :

- de promouvoir les intérêts généraux et particuliers de la population aînée acadienne et francophone de le Nouvelle-Écosse
- d'assurer l'épanouissement de cette population
- d'être le porte-parole autorisé de cette population.

Le Regroupement se penche sur des sujets et domaines qui touchent particulièrement les aînées tels que les pensions, les soins à domicile, la santé, etc. En plus, il organise des activités sociales provinciales différentes de celles des clubs locaux telles que des conférences, des projets de collaboration et des ateliers à l'échelle provinciale.

Le Regroupement compte plus de 400 membres répartis dans les sept régions acadiennnes de la Nouvelle-Écosse. Le Conseil d'administration du Regroupement est composé de représentant venant de chaque région. Pour de plus amples renseignements au sujet des activités du Regroupement ou pour devenir membre, n'hésitez pas à communiquer avec le bureau du Regroupement au **(902) 433-0860.**

Pour obtenir plus de details téléphoner:
Blair Boudreau, Président
PO Box 332
Wedgeport, NS B0W 2B0
Phone: . . . . . .(902) 663-2633
E-mail: blairboudreau@eastlink.ca

Royal Canadian Legion (RCL)

The Legion is a non-profit, dues-supported organization which assumes a major responsibility for continuing Remembrance in Canada. The Legion also focuses on obtaining adequate pensions and other well-earned benefits for Veterans and their dependants.

Canadian citizens or Commonwealth subjects of federal voting age may be eligible for Legion membership in one of the following three categories: ordinary, associate, or affiliate.

For more information, contact:
The Service Officer of your nearest Legion branch,

or

Royal Canadian Legion
Nova Scotia/Nunavut Command Officer
5621 Rainnie Drive
PO Box 9075, Station A
Halifax, NS B3K 5M7
Phone: . . . . . .(902) 429-2993

Seniors Councils, Clubs, and Centres

Directory of Senior Citizens' Councils, Clubs, Centres, and Organizations

The directory provides contact information for all seniors' councils, clubs, centres, and organizations in the province. Copies are available from the Senior Citizens' Secretariat at **1-800-670-0065**.

Seniors' Councils and Clubs

Approximately 19 seniors' councils and over 200 seniors' clubs are active in Nova Scotia. Clubs offer a wide variety of programs and social events for local seniors. Councils are comprised of representatives from each seniors' club. They serve as a forum for sharing information and addressing local seniors' issues. Representatives of the seniors' councils meet with the Senior Citizens' Secretariat at least twice a year.

For a list of seniors' clubs in your area, contact your local seniors' council, or the Senior Citizens' Secretariat at **1-800-670-0065**.

Seniors' Councils

Annapolis County Senior Citizens' Council
Murray Covert, President
RR#3, Middleton, NS B0S 1A0
Phone: . . . . . .(902) 532-2660

Antigonish-Guysborough Senior Citizens' Council #63
Marie Kelly, President
17 North Shamrock Acres
Antigonish, NS B2G 1C9
Phone: . . . . . .(902) 863-0005

Cape Breton Senior Citizens' Council
Nelson Muise, President
271 Cabot Street
Sydney, NS B1P 4E7
Phone: . . . . . .(902) 539-9767

Colchester/East Hants Seniors' Council
Vince De Adder
RR#1, Debert, NS B0M 1G0
Phone: . . . . . .(902) 662-2536

Cumberland County Senior Citizens' Council
Les Day, President
15 Winston Avenue
Amherst, NS B4H 1K4
Phone: . . . . . .(902) 667-0575

Dartmouth Senior Citizens' Council
Leo Poirier, President
1 Alderney Drive
Dartmouth, NS B2Y 4A7
Phone: . . . . . .(902) 469-3907

Digby County Senior Citizens' Council
Jeanette Saulnier, Contact
Box 2890, RR#1
Yarmouth, NS B5A 4A5
Phone: . . . . . .(902) 649-2596

Halifax County Seniors' Council–Zone 15
Doris Evans, President
11 Cherry Brook Road
Dartmouth, NS B2Z 1A8
Phone: . . . . . .(902) 462-1477

Halifax Seniors' Council
Pat MacLellan, President
188 Northcliff Drive
Hatchett Lake, NS B3T 1S8
Phone: . . . . . .(902) 852-4297

Hants County Senior Citizens' Council
Vivian MacMillan, President
44 Underwood Drive, Box 427
Windsor, NS B0N 2T0
Phone: . . . . . .(902) 798-4913

Inverness/Victoria 63A Council
Mary Fleck, President
8343 Cabot Trail
Margaree Forks, NS B0E 2A0
Phone: . . . . . .(902) 248-2838

Kings County Senior Citizens' Council
Erle Dolsen, Secretary
PO Box 103
Auburn, NS B0P 1A0
Phone: . . . . . .(902) 847-9748

Lunenburg County Senior Citizens' Council
Jack O'Connell, President
PO Box 114
Chester, NS B0J 1J0
Phone: . . . . . .(902) 275-3359

Pictou County Senior Citizens' Council
June Cameron, President
c/o Valley View Villa
RR#1, Stellarton, NS B0K 1S0
Phone: . . . . . .(902) 396-4049

Queens County Contact Person
Geraldine Ramey, Contact
RR#1, Greenfield, NS B0T 1E0
Phone: . . . . . .(902) 685-2826

Richmond County Senior Citizens' Council
Donna White, President
Site 10, Comp 1, RR#1
St. Peter's, NS B0E 3B0
Phone: . . . . . .(902) 535-3117

Sackville Senior Advisory Council
Jackie Cajolais, Contact
45 Connolly Street
Lower Sackville, NS B4C 1S6
Phone: . . . . . .(902) 864-5591

Shelburne Senior Citizens' Council
Verna Nickerson, President
79 McGrays Avenue
North East Point, NS B0W 2P0
Phone: . . . . . .(902) 745-0395

Yarmouth County Senior Citizens' Council
Phyllis Cottreau, President
PO Box 492
Lower Wedgeport, NS B0W 2B0
Phone: . . . . . .(902) 663-2827

Association of Halifax Regional Seniors' Councils

This association is made up of representatives from seniors' councils in the Halifax Regional Municipality. Its members organize workshops and seminars, exchange information between councils, and maintain contact with seniors' clubs in the metro area.

For more information, contact:
Leo Poirier, Secretary
1 Alderney Drive, Apt. 301
Dartmouth, NS B2Y 4A7
Phone: . . . . . .(902) 469-3907

Societies' Act

Seniors' clubs, councils, and other organizations may become incorporated under the Societies' Act for a $35 fee.

For more information, contact:
Registry of Joint Stock Companies
9 North, Maritime Centre
1505 Barrington Street
PO Box 1529
Halifax, NS B3J 2Y4

Phone: . . . . . .(902) 424-7770
Toll-free: 1-800-225-8227
E-mail: joint-stocks@gov.ns.ca
Website: www.gov.ns.ca/snsmr

Seniors' Centres

Seniors' centres are places where older people can meet one another, participate in activities, and receive services. Contact your local seniors' centre for a complete listing of its activities.

Metro Region

Bloomfield Centre
2786 Agricola Street
Halifax, NS B3K 4E1

Phone: . . . . . .(902) 490-4629
Volunteer: Matt Kerrigan

Chebucto Links
St. Matthias Church Hall
2080 Windsor Street
Halifax, NS B3K 5B2
Phone: . . . . . .(902) 422-3525
E-mail: chebucto.links@ns.sympatico.ca
Staff: Valerie Connors

Dartmouth Senior Kiwanis Multi-Service Centre
45 Ochterloney Street
Dartmouth, NS B2Y 4M7
Phone: . . . . . .(902) 465-5578
Contact: David Camp

Northwood Community Centre
2615 Northwood Terrace
Halifax, NS B3K 3S5
Phone: . . . . . .(902) 454-3351
Staff: Pauline Doucet-Scott

Rockingham Community Centre
199 Bedford Highway
Halifax, NS B3M 2J9
Phone: . . . . . .(902) 490-4686
Staff: Selina Cajolais

Federal Superannuates National Association

F S N A N R F

Serving retirees of the
- Federal Government
- Canadian Forces
- Royal Canadian Mounted Police
- Federal Judiciary

For Local Branch Information Contact:
Paul Cadeau, Regional Director, Nova Scotia
2 Griffin Place, Dartmouth, NS B2V 2N5
Tel: (902) 462-8278
email: PAULACadeauPaul@cs.com

Sackville Seniors' Advisory Council
45 Connolly Street
Lower Sackville, NS B4E 1S6
Phone: . . . . . .(902) 864-5591
Staff: Jackie Cajolais

Spencer House
5596 Morris Street
Halifax, NS B3J 1C2
Phone: . . . . . .(902) 421-6131
Staff: Deborah Dostal

Spryfield Senior Centre
16 Denith Road, Box 41
Halifax, NS B3R 2H9
Phone: . . . . . .(902) 477-5678
President: Charlie Martin

Cape Breton Region

Louisburg Fortress Club
7394 Main Street
Louisburg, NS B1C 1P5
Phone: . . . . . .(902) 733-2041
Contact: Iris Stevens

Steelworkers and Sydney Pensioners Club
30 Inglis Street
Sydney, NS B1P 6R2
Phone: . . . . . .(902) 539-3399

North Shore Region

Club 60
PO Box 1012
Antigonish, NS B2G 2L3
Phone: . . . . . .(902) 863-3649

Greenfield Oldsters
Melrose
Guysborough County, NS B0H 1E0
Phone: . . . . . .(902) 833-2524
Contact: Alice Sutherland

Pictou County New Horizons Seniors' Centre
Front Street (Old Train Station)
Pictou, NS B0K 1H0

Phone: . . . . . .(902) 485-5538
President: Thomas E. Dort

Senior Citizens' Drop-In
Aberdeen Mall
610 East River Road
New Glasgow, NS B2H 3S2

Phone: . . . . . .(902) 752-3700

Truro VON Day Program
Johnson Manor
30 Duke Street
Truro, NS B2N 2A2

Phone: . . . . . .(902) 893-3803
Contact: Mona Teed

Valley View Villa
RR#1, Stellarton, NS B0K 1S0

Phone: . . . . . .(902) 755-5780
Staff: Sharon Purvis

Valley Region

Berwick and Area Senior Citizens' Centre
Main Street
Berwick, NS B0P 1E0

Phone: . . . . . .(902) 538-7246

L.A.M.P.
PO Box 427
Windsor, NS B0N 2T0

Phone: . . . . . .(902) 798-4913
Contact: Vivian MacMillan

South Shore Region

Bridgewater Senior Citizens' Club
123A Empire Avenue
Bridgewater, NS B4V 2L9

Phone: . . . . . .(902) 543-7916
Contact: Herbert Ritcey

Loyalist Senior Club
Mowatt Street North
Shelburne, NS B0T 1W0

Phone: . . . . . .(902) 875-3998
Contact: Phyllis Seaboyer

Sunnyside Senior Centre
RR#3, Chester Basin, NS B0J 1K0

Phone: . . . . . .(902) 275-4074
Contact: Shirley Morrison

Western Region

Bear River New Horizons Centre
Bear River, NS B0S 1B0

Phone: . . . . . .(902) 467-3025
Contact: Thelma Buckler

Freeport Super Seniors
Freeport, Digby County B0V 1B0

Phone: . . . . . .(902) 839-2974
Contact: Gertrude Thurber

Les Femmes Acadienne de Clare
PO Box 31
Saulnierville, NS B0W 2Z0

Phone: . . . . . .(902) 769-2471
Contact: Edith Comeau-Tufts

Nouveau Horizons de la Baronnie
Fire Hall
West Pubnico, NS B0W 2M0

Phone: . . . . . .(902) 762-2452
Contact: Lucille M. T. d'Entrement

Tiverton Super Seniors
Tiverton
Long Island ,NS B0V 1G0

Phone: . . . . . .(902) 839-2738
Contact: Bertha Ruggles

Westport Super Seniors
Westport
Brier Island, NS B0V 1H0
Phone: . . . . . .(902) 839-2052
Contact: Connie Bisson

Yarmouth Golden Age Club
10 Collins Street (2nd Street Entrance)
Yarmouth, NS B5A 3C4
Phone: . . . . . .(902) 742-2925
Contact: Mary Power

Other Nova Scotia Seniors' Organizations

Community Links

Community Links is a provincial charity linking 160 organizations promoting healthy communities and improving the quality of life for seniors and others in rural Nova Scotia through community development and volunteer action. Current projects include support for rural volunteers, falls prevention, and helping seniors to influence policy.

For more information, contact:
Sandra Murphy, Provincial Coordinator
PO Box 29103
Halifax, NS B3L 4T8
Phone: . . . . . .(902) 454-8141
E-mail: communitylinks@hfx.eastlink.ca

Grandparents' Rights for Nova Scotia Association

This association is committed to raising public awareness about the important issue of grandparents rights and creating widespread support for the relationship between children and grandparents, to make the life cycle complete.

For more information, contact:
Pauline Glenn, President
RR2, Malagash, NS B0K 1E0
Phone: . . . . . .(902) 257-2974

Indo-Canadian Senior Group of Nova Scotia

This group teaches skills, fitness and languages, and organizes recreational, cultural, and fund-raising activities. You can attend presentations on a variety of topics including health issues, investments, insurance, estate planning, literacy, social benefits, exercise, and meditation. The group meets regularly in Bloomfield Centre, Halifax.

For more information, contact:
Dr. Inder N. Bhatia
100-61, Nelson's Landing Boulevard
Bedford, NS B4A 3X3
Phone: . . . . . .(902) 835-2457
or
Merrie Mills, Secretary
C509, 5561 Heatherwood Court
Halifax, NS B3K 5M7
Phone: . . . . . .(902) 454-7213

Nova Scotia Centre on Aging, Mount Saint Vincent University

The Centre provides education, research, and outreach in the field of aging. One of its focus areas is caregiving to family members. You can also use the Caregiver Resource Library, located at the Centre, on Tuesday and Thursday afternoons from 1:00 pm–4:30 pm.

For more information, contact:
Cathy Crouse, Interim Associate Director
Nova Scotia Centre on Aging
Mount Saint Vincent University

166 Bedford Highway
Halifax, NS B3M 2J6

Phone: . . . . . .(902) 457-6546
Website: www.msvu.ca

Dr. F. R. MacKinnon Endowment Fund
This fund, associated with the Centre on Aging, is dedicated to establishing standards of excellence in age-related issues. Projects funded include: research, continuing education, community outreach, and consultation.

Contributions are accepted as charitable donations. To contribute to the fund, please make your cheque payable to Mount Saint Vincent University, and send it to:

Dr. F. R. MacKinnon Endowment Fund
c/o Development Office
Mount Saint Vincent University
Halifax, NS B3M 2J6

For more information, contact:
Phone: . . . . . .(902) 457-6546

Special Recognition for Seniors

Congratulatory Messages

The Nova Scotia government's Protocol Office offers a congratulatory message service from the Premier of Nova Scotia to Nova Scotians celebrating 25+ anniversaries and 65+ birthdays, in five year intervals. The Protocol Office will also, if requested, contact the following offices:

- The Queen
  (60th anniversaries, 100th birthdays only)
- Governor General
  (90+ birthdays, 50+ anniversaries)
- Prime Minister
- Lieutenant Governor
  (80+ birthdays, 50+ anniversaries)
- Member of Parliament
- Member of the Legislative Assembly

Requests should be submitted at least six weeks in advance of the celebration, with the exception of the Queen, who requires eight weeks advance notice. Her office also requires proof of age or marriage.

For more information, contact:
Certificate Co-ordinator
Protocol Office
One Government Place
1700 Granville Street
Halifax, NS B3J 2Y3

Phone: . . . . . .(902) 424-4463
Website: www.gov.ns.ca/prot

Order of Nova Scotia

The Order of Nova Scotia is the highest honour of the Province of Nova Scotia. Members of the Order are entitled to use the initials O.N.S. after their names.

Established in 2002, the award encourages excellence by recognizing Nova Scotians for outstanding contributions or achievements.

If you know someone who has made an outstanding contribution to the cultural life or the social or economic well-being of our province, you should consider nominating him or her for the Order of Nova Scotia. For more information about nominating a candidate, please contact the Protocol Office.

The Protocol Office accepts nominations throughout the year. Each year, the deadline for consideration is the third Friday in March.

For more information, contact:
Protocol Office
One Government Place
1700 Granville Street
Halifax, NS B3J 1X5

Phone: . . . . . .(902) 424-4463
E-mail: orderofns@gov.ns.ca
Website: www.gov.ns.ca/prot

Remarkable Seniors Awards

These awards are presented annually, at the 50+ Expo, to individuals aged 50+ who have made an outstanding contribution to the province of Nova Scotia in the areas of community service, volunteerism, and leadership. In 2004, the awards will be presented on Saturday, June 12th, at Exhibition Park in Halifax.

If you know someone who is worthy of this award, you should consider nominating them. A remarkable male and female will win in each category and nominations of husband and wife teams are accepted.

The Senior Citizens' Secretariat accepts nominations throughout the year and nomination forms are available from the office. The nomination deadline for 2004 is May 7th.

The Salvation Army Services to Seniors

Our purpose is to provide programs to meet the physical, emotional, social and spiritual needs of mature adults and to motivate them to develop their own unique ministry and gifts.

For more information please contact
Major Winnie Perrin at 902-455-1201, ext. 229
or email: winnie_perrin@can.salvationarmy.org

For more information, contact:
Senior Citizens' Secretariat
1740 Granville Street, 4th Floor
PO Box 2065, Halifax, NS B3J 2Z1

Phone: . . . . . .(902) 424-0065
Toll-free: 1-800-670-0065
E-mail: scs@gov.ns.ca
Website: www.gov.ns.ca/scs

Federal Government – Aging and Seniors

Division of Aging and Seniors, Health Canada

This division of Health Canada works to make sure knowledge and expertise are shared to help seniors stay healthy. It acts as a central point for information at the federal government level. It also works toward facilitating our society's adaptation to the aging of the Canadian population by collaborating with partners from other federal departments, provinces, territories, as well as research and seniors' organizations.

For more information, contact:
Division of Aging and Seniors
Health Canada
Address Locator 1908A1
Ottawa, ON K1A 1B4

Phone: . . . . . .(613) 952-7606
E-mail: seniors@hc-sc.gc.ca
Website: www.hc-sc.gc.ca/seniors-aines

National Advisory Council on Aging (NACA)

NACA assists and advises the federal Minister of Health on issues related to aging and the quality of life of seniors.

It publishes reports and a quarterly bulletin, *Expression*, on issues of general interest to Canadian seniors. The members of NACA, from all parts of Canada, are appointed for two or three-year terms.

For more information, contact:
National Advisory Council on Aging
Address Locator 1908A1
Ottawa, ON K1A 1B4

Phone: . . . . . .(613) 957-1968
E-mail: seniors@hc-sc.gc.ca
Website: www.naca.ca

or

Mary Cooley
NACA Representative, Nova Scotia
7165 Quinpool Road, #401
Halifax, NS B3L 1C7

Phone: . . . . . .(902) 454-8996
E-mail: mary.cooley@ns.sympatico.ca

Population and Public Health Branch, Health Canada

Health Canada's *Population Health Fund* supports projects aimed at maintaining and improving the health of Canadians. The population health approach integrates action on a broad range of determinants that affect the health of all Canadians.

Population Health Fund — the fund was created to increase community capacity for action on or across the determinants of health. Health Canada funds time-limited projects that facilitate joint planning and coordinated actions among voluntary organizations, service providers, governments, and the private sector to improve population health.

For more information, contact:
Population and Public Health
Atlantic Region, Health Canada
1505 Barrington Street, Suite 1525
Halifax, NS B3J 3Y6

Phone: . . . . . .(902) 426-1536
Website: www.pph-atlantic.ca

Seniors' Guide to Federal Programs and Services

This directory provides seniors with information on federal programs and services. To obtain a copy, contact the Division of Aging and Seniors (see contact information above), or call:

Toll-free: 1-800-O-Canada
1-800-622-6232
Website: www.canada.gc.ca

National Seniors' Organizations

Canadian Association on Gerontology (CAG)

CAG is a national, multi-disciplinary, scientific, and educational association established to provide leadership in matters related to the aging population. Its mission is the development of theoretical and practical understanding of individual and population aging through multi-disciplinary research, practice, education, and policy analysis in gerontology.

For more information, contact:
Linda O'Rourke, Executive Director
100–824 Meath Street
Ottawa, ON K1Z 6E8

Phone: . . . . . .(613) 728-9347
E-mail: info@cagacg.ca
Website: www.cagacg.ca

Congress of National Seniors' Organizations

The Congress consists of 12 major organizations representing seniors across Canada. It meets regularly to promote dialogue between seniors groups and governments on aging issues. The Congress has an ongoing working partnership with Health Canada's Division of Aging and Seniors and has met with the Minister and Deputy Minister of Health about seniors' issues. Congress members include:

- Alliance des associations des retraités et des aînés du Québec
- Assemblée des Aînés et des Aînées francophones du Canada
- Association québécoise de défense des droits des personnes retraitées et préretraitées
- Canada's Association for the 50+ (CARP)
- Canadian Association on Gerontology
- Canadian Pensioners Concerned
- Congress of Union Retirees
- Federal Superannuates National Association
- Fédération de l' Âge d'Or du Québec
- National Advisory Council on Aging
- National Pensioners and Senior Citizens Federation
- Royal Canadian Legion

For more information, contact:
Jean-Guy Soulière
Chair, Coordinating Committee
Congress of National Seniors' Organizations
c/o Federal Superannuates National Association
1052 St. Laurent Boulevard
Ottawa, ON K1K 3B4

Phone: . . . . . .(613) 745-2559
E-mail: souliere@fsna.com

Information and Referral

Seniors' Information Services

Chebucto Links (Halifax)

This organization provides information on programs and services for seniors in Halifax.

For more information, contact:
Phone: . . . . . .(902) 422-3525

Help-line/Outreach Seniors' Infoline (Pictou County)

Pictou County seniors in need may call this information line located at Valley View Villa, Monday to Friday, 10:00 am–2:00 pm. Calls received after hours are answered by a recorded message and will be returned during regular hours.

For more information, contact:
Phone: . . . . . .(902) 752-8400

student connection program
programme étudiants bien branchés
INTERNET TRAINING FOR SENIORS - No Technical Jargon
Introduction to the Internet • Basic Computer Skills
Communicating On-Line • Electronic Commerce and You
FORMATION INTERNET POUR LES AÎNÉS - Sans jargon technique
Introduction à Internet • Informatique de base
Communiquer en direct • Le commerce électronique et vous
1 888 807-7777 • www.scp-ebb.com
Metro Halifax - 902 426-0566
Canada

Seniors' Info Line

(VON Greater Halifax)

Information on programs and services for seniors in the Halifax Regional Municipality is available Monday to Friday, 9:00 am–4:00 pm.

For more information, contact:
Phone: . . . . . .(902) 454-5755
TDD: . . . . . .(902) 454-6696
E-mail: seniorinfoline@vonhalifax.ns.ca

Seniors' Info Line

(VON Lunenburg)

Information and referral services for seniors and their families living in Lunenburg County is available Monday to Friday, 9:00 am–4:00 pm.

For more information, contact:
Phone: . . . . . .(902) 624-0318

Seniors' Information Line

(Senior Citizens' Secretariat)

To obtain information on programs and services for seniors or to discuss any concerns you may have, call the Senior Citizens' Secretariat from anywhere in Nova Scotia, at no charge. The line operates Monday to Friday, from 8:30 am–4:30 pm, except holidays. An answering machine records messages left after hours and staff respond to them the next working day.

For more information, contact:
Phone: . . . . . .(902) 424-0065
Toll-free: 1-800-670-0065
E-mail: scs@gov.ns.ca
Website: www.gov.ns.ca/scs

Shelburne Seniors' Infoline

This information line is located at the Regional Development Agency (RDA) office in Barrington. Telephone messages will be returned.

For more information, contact:
Elizabeth Rhuland
Phone: . . . . . .(902) 637-2667
Toll-free: 1-800-565-0397

Sydney Seniors' Infoline

Seniors in the Sydney area may call this information line with questions about local programs and services.

For more information, contact:
Phone: . . . . . .(902) 562-1245
E-mail:sydneyvolunteers@ns.sympatico.ca
Website: www.newdawn.ca

Help Lines

The following help lines are lay-counselling, information, and referral telephone services. The lines are staffed by trained community volunteers and the services are strictly confidential.

Eastern Regional Help Line

6:00 pm–12:00 am

Phone: . . . . . .(902)562-4357
Toll-free: 1-800-957-9995

Metro Help Line

Metro Halifax
7 days a week, 24 hours a day

Phone (Voice or TDD): . . .(902) 421-1188

Did You Know?

Nova Scotia has the highest proportion of seniors in Atlantic Canada and the third highest in the country, behind Saskatchewan and Manitoba.

Resources for Newcomer Seniors

Metropolitan Immigrant Settlement Association (MISA)

MISA is a community-based settlement agency which welcomes newcomers and recognizes their essential role in Canada. It provides a full range of programs and services to newcomers, including information and referral to community resources, finding accommodations, emotional support and counselling, public education, employment services, language assessment, and referrals to language training. Most services are for newcomers who are landed immigrants or government assisted refugees. However, all newcomers are eligible for initial contact and referral services.

For more information, contact:
Chebucto Place
7105 Chebucto Road, Suite 201
Halifax, NS B3L 4W8

Phone: . . . . . .(902) 423-3607
Email: info@misa.ns.ca

YMCA Newcomers Centre

The YMCA of Greater Halifax/Dartmouth offers various programs for youth, adults, and families who are new to Canada. The goal of the centre is to create an inclusive environment to serve the diverse community.

For more information, contact:
3663 Dutch Village Road
Halifax, NS B3N 2T1

Phone: . . . . . .(902) 457-9622
Website: www.ymcahrm.ns.ca

Resources for Senior Women

Nova Scotia Advisory Council on the Status of Women

The Council advises the Minister Responsible for the Status of Women and brings forward women's concerns. It works to advance equality, fairness, and dignity for all women. The Council also provides research and policy advice, information and education, and community and partnership development. An electronic news update, *NewsBytes* is sent by e-mail, to subscribers (free) approximately twice a month. For subscription information, see: **www.gov.ns.ca/staw/newsbytes.htm**

You are welcome to visit the Council's resource centre. It is open to the public Tuesday to Friday, 12:00 pm–4:00 pm.

For more information, contact:
Quinpool Centre, Suite 202
6169 Quinpool Road, PO Box 745
Halifax, NS B3J 2T3

Phone: . . . . . .(902) 424-8662
Toll-free: 1-800-565-8662
E-mail: nsacw@gov.ca
Website: www.gov.ns.ca/staw/

Resources for Seniors with Disabilities

Access to Travel

This website provides information on accessible transportation and travel across Canada with the aim of making accessible travel easy and enjoyable. Developed by Transport Canada in partnership with provincial governments and not-for-profit

associations, the site features the following information:

- National Carriers Directory
- Local Transportation
- Travel Resources
- Government Policies
- Complaints and Inquiries

For more information, contact:
Website: www.accesstotravel.gc.ca

Accessible Transportation

Transportation services available to seniors with disabilities in Nova Scotia are listed in the transportation section on page 51.

Canadian National Institute for the Blind (CNIB)

The CNIB works with people whose vision loss is significantly interfering with their quality of life and cannot be corrected with ordinary lenses. The services are provided free of charge throughout Nova Scotia. Contact the CNIB for more information about its low vision technical aids, library, counselling, independent living and traveling, and volunteer services.

For more information, contact:
Mainland Service Centre
6136 Almon Street
Halifax, NS B3K 1T8

Phone: .....(902) 453-1480
Toll-free: 1-800-565-5147
Website: www.cnib.ca

or

Sydney Service Centre
235 Townsend Street
Sydney, NS B1P 5E7

Phone: .....(902) 564-5711
Toll-free: 1-877-674-7240

Canadian Paraplegic Association

This organization helps people with spinal cord injuries and other mobility disabilities to achieve independence, self-reliance, and full community participation.

For more information, contact:
Laughie Rutt, Executive Director
Canadian Paraplegic Association (Nova Scotia)
Suite S21, West End Mall
6960 Mumford Road
Halifax, NS B3L 4P1

Phone: .....(902) 423-1277
E-mail: halifax@canparaplegic.org
Website: www.canparaplegic.org/ns

or

Sydney Office
165 Townsend Street
Sydney, NS B1P 5E4

Phone: .....(902) 562-3291
E-mail: sydney@canparaplegic.org

Community ACCESS-ability Program

Grants to improve access to community facilities for persons with disabilities are provided by Service Nova Scotia and Municipal Relations.

Up to two-thirds of the direct and indirect costs of renovations, installations, or equipment for accessibility-related capital improvements, to a maximum of $10,000 is available.

Projects funded to-date include wheelchair ramps and lifts, automatic doors, and accessible washrooms. Proposals for ACCESS-ability grants are welcome from non-profit community groups and municipalities.

Forms are available on-line or from the contact person below.

For more information, contact:
Karen Ramsland

Phone: . . . . . .(902) 424-7798
E-mail: kramslan@gov.ns.ca
Website: gov.ns.ca/snsmr/muns/infr

Disabled Persons Commission

The Commission helps to ensure that the concerns of persons with disabilities are promoted and considered. It focuses on policy matters and issues affecting all government departments. The Commission helps to communicate information on programs and services for Nova Scotians with disabilities. It also reviews government policies and programs relating to or affecting people with disabilities, to make sure these policies and programs are appropriate, effective, and reflect the needs and concerns of the community.

For more information, contact:
Nelson Place
5675 Spring Garden Road
PO Box 222
Halifax, NS B3J 2M4

Phone: . . . . . .(902) 424-8280
TTY: . . . . . .(902) 424-2667
Toll-free: 1-800-565-8280
Website: www.gov.ns.ca/disa

Mobility Disabled License Plates and Permits

To ensure those needing to park close to buildings due to mobility impairments can do so, Service Nova Scotia and Municipal Relations, through its Registry of Motor Vehicles, distributes mobility disabled plates and permits to qualified individuals. There is no charge associated with a Permanent or Temporary Mobility Disabled Permit which is displayed on the rearview mirror. Regular registration fees must be paid in order to place a license plate on your car and the applicant must be the plate owner and principal operator of the vehicle.

For more information, contact:
Phone *(Halifax)*: . . . . . .(902) 424-5851
Toll-free: 1-800-898-7668
Website: www.gov.ns.ca/snsmr/rmv

Special Needs of Deaf Seniors

Northwoodcare Inc. has a unique living environment designed especially for deaf seniors. Special services include a newly renovated floor with visual signals, closed captioning, TTY telephones, and time-released appliances. Staff are trained in sign language and deaf culture. This residence offers companionship and a relief from isolation that the deaf so often experience.

Independent-living apartments and personal-care suites, for those who need help with daily living, are available. Residents can participate in the many programs and services offered at Northwood. Signing volunteers are available to help residents part in scheduled activities.

For more information, contact:
Northwood Resident Services

Phone: . . . . . .(902) 454-3356

Nova Scotia Hearing and Speech Centres

These centres offer services to individuals with disorders that require the help of a hearing or speech specialist.

For more information, contact:
Provincial Center
5657 Spring Garden Road
Suite 401, Box 120
Halifax, NS B3J 3R4

Phone: .....(902) 423-7357
E-mail: mtotten@nshsc.ns.ca
Website: www.nshsc.ns.ca

Locations

Amherst .....(902) 667-1141
Antigonish .....(902) 867-4197
Bridgewater ...(902) 543-4604 ext.2248
Dartmouth .....(902) 464-3084
Digby .....(902) 245-2501 ext.265
Evanston .....(902) 625-3100 ext.257
Glace Bay .....(902) 842-2868
Halifax .....(902) 423-7354
Kentville .....(902) 679-2657 ext.1400
Liverpool .....(902) 354-3436 ext. 246
Lower Sackville .....(902) 869-6150
Middleton .....(902) 825-6160 ext.233
Musquodoboit Hbr .....(902) 889-4117
New Glasgow ..(902) 752-7600 ext.2520
Pictou .....(902) 485-2318
Sheet Harbour .....(902) 885-3628
Shelburne .....(902) 875-3011 ext.269
Springhill .....(902) 597-3773
Sydney .....(902) 842-9311
Sydney Mines ...(902) 736-2831 ext.146
Truro .....(902) 893-5512
Waterville .....(902) 538-3103 ext.156
Windsor .....(902) 792-2084
Yarmouth .....(902) 742-3542 ext.364

Society of Deaf and Hard of Hearing Nova Scotians

The Society develops and manages co-ordinated support services that enable deaf and hard of hearing people to fully utilize public and community services. Information and referral, and employment counselling services are available. Assistive devices may be borrowed or purchased. The Society is also responsible for the administration of the Interpreter Service for the Deaf.

For more information, contact:
Roy Building
1657 Barrington Street, Suite 117
Halifax, NS B3J 2A1

Phone: *(Voice/TTY)* 422-7130
Email: sdhhns@ns.sympatico.ca
or

Cape Breton Branch
56 Nepean Street
Sydney, NS B1P 6A8

Phone *(Voice/TTY/Fax)*: ..(902) 564-0003

Provincial Government Information

Public Enquiries

When you want to know more about provincial government services, programs, and initiatives, contact Public Enquiries.

For more information, contact:
Public Enquiries
Service Nova Scotia and Municipal Relations
1505 Barrington Street, 8th Floor North
Halifax, NS B3J 3P7

Phone: .....(902) 424-5200
Toll-free: 1-800-670-4357
E-mail: public-enquiries@gov.ns.ca
Website: www.gov.ns.ca/snsmr/contact

Seniors' Information Line

Contact the Nova Scotia Senior Citizens' Secretariat for information on programs and services for seniors.

Toll-free: 1-800-670-0065

A regular Pap test could save your life!

Federal Government Information

General Enquiries

When you need information about federal programs and services, new initiatives, or information products, call toll-free or visit the website. This is your primary access point to the Government of Canada.

For more information, contact:

Toll-free: 1-800-O-Canada
1-800-622-6232
Website: www.canada.gc.ca

Sport, Recreation, and Active Living

Sport and Recreation

Nova Scotia Sport and Recreation Division

Nova Scotia Sport and Recreation is a division of the Office of Health Promotion. It provides an important link between healthy lifestyles and physical activity. The division's six regional representatives provide services and assistance to the individuals, municipalities, and partner organizations that provide Nova Scotians with opportunities to participate in recreation activities.

Recreation Facility Development Grants help community organizations renovate or build recreation facilities for community use, while ***Community Development Grants*** support local seniors' games and help establish new programs.

For more information, contact:

Office of Health Promotion –
Sport and Recreation
5516 Spring Garden Road, 2nd Floor
PO Box 864
Halifax, NS B3J 2V2

Phone: . . . . . .(902) 424-7512
Toll-free: 1-866-231-3882
E-mail: srcinquiries@gov.ns.ca

Regional Offices - Sport and Recreation

Cape Breton
Colleen Chisholm
380 Kings Road
Sydney, NS B1S 1A8

Phone: . . . . . .(902) 563-2380
E-mail: chishoco@gov.ns.ca

Central
Carol Davis-Jamieson
PO Box 864, Halifax, NS B3J 2V2

Phone: . . . . . .(902) 424-7622
E-mail: davisjcm@gov.ns.ca

Fundy
Linda Atkinson
90 Research Drive, Suite 122
Truro, NS B2N 6Z4

Phone: . . . . . .(902) 893-6215
E-mail: atkinslm@gov.ns.ca

Highland
Gerard MacIsaac
20 St. Andrews Street
Antigonish, NS B2G 2H1

Phone: . . . . . .(902) 863-7380
E-mail: macisagx@gov.ns.ca

South Shore
Debby Smith
99 High Street, Suite 200
Bridgewater, NS B4V 1V8

Phone: . . . . . .(902) 543-5000

E-mail: smithde@gov.ns.ca

Valley
Mike Trinacty
28 Aberdeen Avenue, Suite 2
Kentville, NS B4N 2N1

Phone: .....(902) 679-4390
E-mail: trinacme@gov.ns.ca

Recreation Nova Scotia (RNS)

This organization promotes the health benefits of recreation for all Nova Scotians and their communities. Programs and services include an annual conference, liability insurance programs, volunteer and leadership training programs, provincial volunteer week activities, fund-raising opportunities, and publications.

For more information, contact:
5516 Spring Garden Road, Suite 309
Halifax, NS B3J 1G6

Phone: .....(902) 425-1128
E-mail: rns@sportsns.ns.ca
Website: www.recreationns.ns.ca

Municipal Recreation Contacts

Most municipal units in Nova Scotia have recreation commissions with a commission chairperson and one or more staff. Contact the following people for information on recreation activities for seniors.

Cape Breton Region

Cape Breton Municipality
Fred Brooks .....(902) 563-5514

Inverness County – Port Hood
John Cotton .....(902) 787-2274

Port Hawkesbury
Jim Pyke .....(902) 625-2591

Richmond County/Arichat
Clifford Boudreau .....(902) 226-2400

Victoria County – Baddeck
Tom Wilson .....(902) 295-3231

Highland Region

Antigonish County
Marlene Melanson .....(902) 863-1141

Antigonish Town
Trisha Cameron .....(902) 863-3686

District of Guysborough
Phil M. Hochinan .....(902) 533-3508

Canso
Carla Roberts .....(902) 366-2525

Mulgrave
Tanya Tibbo .....(902) 747-2243

Pictou County
Cindy Fraser .....(902) 485-8528

New Glasgow
Robin MacLean .....(902) 755-8363

Pictou
Rae Gunn .....(902) 485-6057

Stellarton
David Hood .....(902) 752-8944

Trenton
Martin Bates .....(902) 752-1019

Municipality of St. Mary's
Steven Porter .....(902) 522-2598

Fundy Region

Amherst
Dwight Jones .....(902) 667-9557

Did You Know?

In 2025, seniors will make up nearly one-quarter (23.9%) of Nova Scotia's population.

Be **active,** every **day,** your **way.**

Age is no barrier.

NOVA SCOTIA
Health Promotion
Sport and Recreation
www.gov.ns.ca/src

CANADA'S Physical Activity Guide
to Healthy Active Living

Springhill
Pamela Adams .....(902) 597-3751

Colchester County
Sue Burley .....(902) 897-3155

Bible Hill
Julee MacAfee .....(902) 893-8083

Parrsboro
Contact .....(902) 254-2036

Truro
Doug MacKenzie .....(902) 895-4484

District of East Hants
David Brown .....(902) 758-2715

Central Region

Halifax Regional Municipality
Robert Nauss .....(902) 490-4910
Peggy Allen .....(902) 876-4354

Valley Region

Annapolis County
Debra Ryan .....(902) 532-2334

Annapolis Royal
Grant Potter .....(902) 532-7667

Bridgetown
Bob Powell .....(902) 665-2938

Middleton
Kelly Aucoin .....(902) 825-5500

Kings County
Bob Suffron .....(902) 690-6124
Bruce MacArthur .....(902) 690-6153

Berwick
Craig Burgess .....(902) 538-4016

Coldbrook
Matthew Schurman .....(902) 678-6701

Kentville
Mark Phillips .....(902) 679-2540

New Minas
Jennifer Coolen .....(902) 681-6972

Wolfville
Andrew Fry .....(902) 542-2400

District of West Hants
Kathy Kehoe .....(902) 798-8391

Windsor
Janet Landry 798-0696

Digby – District of Clare
Joanne LaMarche .....(902) 769-2031

District of Digby
Larry Williams .....(902) 245-5006

South Shore Region

Yarmouth – District of Argyle
Frank Grant .....(902) 648-3379

Yarmouth
Peter McCracken .....(902) 742-8868

District of Barrington
Ray Green .....(902) 637-3621

Clark's Harbour
Anna Kenney .....(902) 745-0226

Shelburne Municipality
Marilyn Johnston .....(902) 875-3544

Town of Shelburne
Jerry Locke .....(902) 875-3873

Lockeport
Frances Scott .....(902) 656-2216

Queens – Queens Municipality
Norman Amirault .....(902) 354-5741

Lunenburg Municipality
Carroll Randall .....(902) 543-1354

Town of Lunenburg
Robin Scott .....(902) 634-4006

Lunenburg – Chester
Trudy Payne . . . . . .(902) 275-3490

Bridgewater
Carol Pickings-Anthony . .(902) 543-2274

Mahone Bay
Derrick MacKenzie . . . . . .(902) 624-9859

Sport Nova Scotia (SNS)

This organization represents 63 provincial sport organizations and over 160,000 registered sport participants. Many sport organizations support activities for older adults, sometimes referring to them as "masters" programs.

Sport Nova Scotia can connect you with various sport organizations to determine if programs geared to older adults are available in your area.

For more information, contact:
5516 Spring Garden Road, 4th Floor
Halifax, NS B3J 1G6

Phone: . . . . . .(902) 425-5450
E-mail: sportns@sportns.ns.ca
Website: www.sportnovascotia.ca

Nova Scotia Department of Natural Resources

Provincial Parks – Seniors may stay at a reduced rate in parks with overnight camping facilities. A brochure is available which lists all of the provincial parks, including those that are wheelchair accessible.

Firearms Hunting Certificates – These are issued free to seniors.

Hunting – Resident seniors may acquire a deer, small game, or deer bowhunting stamp for free. They are required to purchase the $2 Wildlife Habitat Stamp.

For more information, contact:
PO Box 698
Halifax, NS B3J 2T9

Phone: . . . . . .(902) 424-5935

Nova Scotia Department of Agriculture and Fisheries

Fishing Licences – General sport fishing licenses are sold to seniors at a reduced rate. Salmon fishing is regulated by the federal government and seniors are required to purchase a licence for that sport.

For more information, contact:
Department of Agriculture and Fisheries
Bank of Montreal Building, 7th Floor
5151 George Street
Halifax, NS B3J 3C4

Phone: . . . . . .(902) 424-8963
Website: www.gov.ns.ca/nsaf

Active Pursuits

Benefits and Local Contacts

Benefits – Physical activity is key to maintaining your optimum physical and mental health and quality of life as you get older. Investing a small amount of time in becoming more active can produce big dividends for you in terms of better health.

Local Contacts – Every year new opportunities for older adults are organized in communities throughout Nova Scotia. To find out more about the active living opportunities in your community, contact local representatives of the following organizations whose phone numbers can be found elsewhere in this directory:

- Nova Scotia Office of Health Promotion (see p. 88)

- Nova Scotia Sport and Recreation (see p. 28)
- Municipal Recreation Contacts (see p. 29)
- Sport Nova Scotia (see p. 32)
- Seniors' centres, clubs, and councils (see pages 14, 15)

You may also contact the following organizations. Check your local telephone directory for telephone numbers.

- Fitness and wellness centres
- YMCAs and YWCAs
- Community recreation centres

Active Living Coalition for Older Adults (ALCOA)

ALCOA is a national partnership of organizations with an interest in the field of aging and active living. ALCOA encourages older Canadians to maintain and enhance their well-being and independence through a lifestyle that embraces physical activities.

For more information, contact:
33 Laird Drive
Toronto, ON M4G 3S9

Phone: . . . . . .(416) 423-2163
Toll-free: 1-800-549 9799
E-mail: alcoa@ca.inter.net
Website: www.alcoa.ca

Nova Scotia 55 Plus Games Society

The Society was recently formed to promote the participation of Nova Scotia seniors in recreational, sporting, cultural, educational, and creative activities throughout the

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Carol Davis, R.N. Administrator

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For more information, please call

Halifax	Dartmouth	Bedford
429-2222	434-9415	835-6222

www.theberkeley.com

province. It will coordinate the organization and staging of the Nova Scotia 55 Plus Games and help determine Nova Scotia's representatives for the Canada Senior Games.

For more information, contact:
Secretary
Leona Grant
RR#1, Granville Ferry, NS B0S 1K0
Phone: .....(902) 532-2664
E-mail: freelee@auracom.com

Annapolis Valley
Jean Germaine
Box 1357, Digby, NS B0X 1A0
Phone: .....(902) 245-5565
E-mail: jgermaine@ns.sympatico.ca

Clare-West Hants
Eddie Thimot
Little Brook
Digby County, NS B0W 1Z0
Phone: .....(902) 769-3285

Central HRM
Allister MacPherson
4 Ramsgate Lane, Unit 303
Halifax, NS B3P 2R8
Phone: .....(902) 445-3016

Fundy
Eanis Collins
14 Queen Street
Amherst, NS B4H 1P8
Phone: .....(902) 667-9380

East Hants/Colchester/Cumberland
Eileen Borgal
17 Codys Lane
Elmsdale, NS B2S 2A7
Phone: .....(902) 883-7127
E-mail: c.fortier@ns.sympatico.ca

Canadian Senior Games Association (CSGA)

The Association involves seniors in the planning, leadership, and evaluation of the Canada Senior Games. The next Senior Games will be held in Whitehorse, Yukon, from September 1st to 5th, 2004.

The Games provide older adults with an opportunity to enhance their well-being through participation in recreation, cultural events, and sports such as tennis, golf, swimming, curling, horseshoes, pool, card games, old time fiddling, dancing, woodworking, and blanket making, to name but a few.

For more information, contact:
Valerie White, Executive Director
Senior Citizens' Secretariat
Phone: .....(902) 424-6322
Toll-free: 1-800-670-0065
E-mail: scs@gov.ns.ca
or
Joyce Young, President
Canada Senior Games Association
1101 Fir Street
Whitehorse, YT Y1A 4C1
Phone: .....(867) 633-3488
E-mail: joyce.young@yt.sympatico.ca

Dartmouth Volksmarch Club

This active hiking club organizes recreational walks throughout the year for people of all ages. It is a great way to meet new friends for fitness and fun. The walks are planned well in advance. A schedule is available with information on the dates, length, and difficulty of each route. It also identifies the walk leaders.

Non-members can participate in five free walks. If you wish to continue accumulating event and distance stamps, you can then

purchase a membership for $10 a year. Forms for non-members are available from either the president or walk leaders.

For more information, contact:
Gerry Simpson, President
PO Box 28064, Tacoma RPO
Dartmouth, NS B2W 6E2

Phone: . . . . . .(902) 883-7266
Website:
www.dartmouthvolksmarchclub.com

Elderfit — Lunenburg

This popular aquafit program, with over 80 participants, is offered several times a week at the South Shore Dive Centre in Lunenburg and at the Oak Island Inn, near Oak Island. Both programs provide local seniors and interested others with an opportunity to keep fit and socially active.

For more information, contact:
George McKiel

Phone: . . . . . .(902) 764-2090
E-mail: jgmckiel@bwr.eastlink.ca
or
Martha Saunders
Phone: . . . . . .(902) 688-1128
E-mail: johnmartha@auracom.ca

Elderobics Association of Nova Scotia

Elderobics is a mild exercise program for men and women over age 55, including a warmup, aerobics, muscular strength and endurance, stretching and relaxation. Classes are offered two and three times a week in 13 locations in the Halifax/Dartmouth area.

Elderobics Fitness Instructor Workshop – This workshop trains fitness instructors who are interested in teaching older adults. The workshop is a requirement for the YMCA's specialty certificate in Older Adult Fitness.

For more information, contact:
Jean Shaw, Coordinator
YMCA of Greater Halifax/Dartmouth

Phone: . . . . . .(902) 423-9709 ext. 269

Seniors' Skate Information

There are a variety of adult skating programs in rinks throughout the province beginning as early as October 1.

For more information, contact:
Your local recreation department
(see page 29).

Ski Atlantic Seniors' Club

Members receive a ski area pass, for weekdays only, at local ski resorts. Resorts include Ben Eoin, Cape Smokey, Keppoch, Martock, Wentworth, and the New Brunswick areas of Crabbe and Poley. If you are a beginner, you can attend group lessons in Alpine skiing. Membership is open to anyone over 55 who has retired from full-time employment, and to anyone 65 or older. *Membership fee:* $165 per year.

For more information, contact:
Mary Kitley, Membership Registrar
Ski Atlantic Seniors' Club
561 Indian Point Road
Glen Haven, NS B3Z 2T5

Phone: . . . . . .(902) 823-3024
E-mail: SASC@chebucto.ns.ca
Website:
www.chebucto.ns.ca/sportfit/SASC

Taoist Tai Chi Society

The society offers Taoist Tai Chi for seniors in various parts of Nova Scotia. With the gentle turning, stretching movements of tai chi you can learn to develop balance, flexibility, timing, muscle tone, co-ordination, concentration, and relaxation. Tai Chi may also help you with ailments such as

back pain, headaches, high blood pressure, poor circulation, breathing difficulties, digestive disorders, arthritis, osteoporosis, multiple sclerosis, and Parkinson's disease. Additionally, the society offers health-recovery classes for those suffering from injuries, strokes, or other health problems. It also has a Toaist Tai Chi set that can be done from a wheelchair.

Classes are held in communities throughout Nova Scotia. Contact the society for information about class schedules, fees, and locations.

For more information, contact:
Halifax Office

Phone: . . . . . .(902) 422-8142
E-mail: ttcatlantic@ns.sympatico.ca
Website: www.taoist.org

Ticker Troop — Dartmouth

This group meets twice a week at Mic Mac Mall in Dartmouth. Join them for walking and friendship.

For more information, contact:
Phyllis Vallis

Phone: . . . . . .(902) 462-5011

YMCAs and YWCAs

YMCAs and YWCAs offer a number of healthy lifestyle programs for older adults such as aquafit, seniors swim, 50+ fitness classes, strength training, and yoga. Supervised strength training programs are also available in some locations.

For more information, contact:

Bridgewater Lunenburg County YMCA
Phone: . . . . . .(902) 543-9622

Colchester YMCA (Truro)
Phone: . . . . . .(902) 895-2871

Community YMCA (Halifax)
Phone: . . . . . .(902) 423-9622

Dartmouth YMCA
Phone: . . . . . .(902) 469-9622

Halifax YWCA
Phone: . . . . . .(902) 423-6162
Website: ymcahrm.ns.ca

New Glasgow Pictou County YMCA-YWCA
Phone: . . . . . .(902) 752-0202
Fax: . . . . . .(902) 755-3446

Sydney Cape Breton YMCA
Phone: . . . . . .(902) 539-7880
Fax: . . . . . .(902) 539-3935

Yarmouth YMCA
Phone: . . . . . .(902) 742-7181
Fax: . . . . . .(902) 742-7676

Leisure and Hobbies

Opportunities

Many opportunities to pursue leisure activities and hobbies exist in Nova Scotia. Contact your local recreation department, seniors' centre, club, or council for more information on activities in your area.

Harbourview Bar and Lounge

This fully licensed gathering place for the 50+ crowd is located in Northwood Community Centre, Halifax. Features include live entertainment, special events, a snooker area and outdoor terrace. Parties and receptions can be hosted at the lounge and catering is available.

For more information, contact:
2615 Northwood Terrace
Halifax, NS B3K 3S5

Phone: . . . . . .(902) 454-3351
E-mail: information@nwood.nc.ca
Website: www.nwood.ns.ca

Northwood Broadcasting Club (NWBC)

NWBC was launched in 1987. Since then, it has evolved into an important source of information on health issues and leisure opportunities for older adults and provides its audience with a wide variety of easy-listening music.

NWBC is entirely operated by volunteers and reaches listeners throughout Nova Scotia via the Eastlink community channel in your area from 10:00 am–12:00 pm. You can also listen to a live webcast of the program at **www.eastlink.ca**.

For more information, contact:
2615 Northwood Terrace
Halifax, NS B3K 3S5

Phone: . . . . . .(902) 454-6922
Toll-free: 1-866-229-6922
E-mail: information@nwood.ns.ca
Website: www.nwood.ns.ca

Northwood Players

The Northwood Players are an active, imaginative, and exciting group of seniors who come together to bring music, dancing, acting, and joy to their lives and the lives of others.

For more information, contact:
Shirley Burnstein (Director)
Northwood Community Centre
2615 Northwood Terrace
Halifax, NS B3K 3S5

Phone: . . . . . .(902) 454-3351
E-mail: information@nwood.ns.ca
Website: www.nwood.ns.ca

Nova Scotia Seniors' Art Gallery and Seniors' Photo Gallery

If you are over the age of 50 and would like to display your artwork or photos, contact the Senior Citizens' Secretariat for details. All proceeds from the paintings and photos sold go directly to you. The galleries are located in the World Trade and Convention Centre, 1800 Argyle Street, Halifax. They are open whenever the WT&CC is open to the public.

For more information, contact:
Senior Citizens' Secretariat
PO Box 2065
Halifax, NS B3J 2Z1

Phone: . . . . . .(902) 424-0065
Toll-free: 1-800-670-0065

Expositions

50+ expo — Life Is What You Make It

50+ expo is a special forum for people 50 and over and their families. The expo offers an opportunity to learn about products, programs, and services available in today's marketplace. Shows include: exhibits, entertainment, a hobbies/crafts area, and educational seminars. The next 50+ expo will be held on June 11th and 12th, 2004, at Exhibition Park in Halifax (see page 38).

For more information, contact:
Valerie White, Chairperson
50+ expo
PO Box 2065
Halifax, NS B3J 2Z1

Phone: . . . . . .(902) 424-0065
Toll-free: 1-800-670-0065

Volunteer Activities

Opportunities

Each year in Nova Scotia, volunteers contribute countless hours to their communities. Many of these volunteers are retirees and seniors.

If you have an interest in helping others and can spare some time, select from among the many community-based organizations listed in this directory and find out how you can help.

Volunteers ... the heart of our community.

Provincial Volunteer Awards

Recreation Nova Scotia coordinates the Provincial Volunteer Awards Ceremony and Luncheon each year during National Volunteer Week celebrations. The events serve as a tribute to the voluntary sector and are meant to say thank you to all individuals who give so much of their time and talents. Contact Recreation Nova Scotia for details on volunteer recognition resources and gifts such as balloons, lapel pins, mugs, and key chains.

For more information, contact:
Recreation Nova Scotia (see page 29)

This fall get your flu shot.
It could save your life!

Senior Citizens' Secretariat
is happy to announce
the date and location for its

15th Annual 50+ expo

50+expo

Life is What You Make It!

Date: **Friday, June 11, 2004** 9:00 am – 6:00 pm
8:00 pm – Midnight (Dance)
Saturday, June 12, 2004 9:00 am – 6:00 pm

Location: **Exhibition Park, Halifax**
Free Parking and Everything on One Convenient Level

Cost: **Expo** - $5 per day
Dance - $10

For more information, view the expo website:
www.50plusexpo.ns.ca or call us **toll-free: 1-800-670-0065**

Sydney Volunteer Resource Centre

The centre serves as a recruitment and referral service for volunteers in Sydney and surrounding areas. It also provides education and training courses on volunteerism to organizations that depend on volunteers to carry out their work.

For more information, contact:
Phone: . . . . . .(902) 562-1245
E-mail:sydneyvolunteers@ns.sympatico.ca
Website: www.newdawn.ca

Travel

Canadian Snowbird Association

This association represents the interests, needs, and concerns of Canadians who travel. Areas of focus include health-care, social interests, and economic concerns. The organization has a powerful voice in defending the rights and privileges of Canadians.

Members receive many services, including the quarterly CSA News Magazine, financial planning advice, an auto club, group tours, currency exchange, auto and home insurance, and motel discounts.

For more information, contact:
Jack Kiuru, Nova Scotia Director
1207-5959 Spring Garden Road
Halifax, NS B3H 1Y5

Phone: . . . . . .(902) 422-2036
Toll-free: 1-800-265-3200
E-mail: Kiurujk@aol.com
Website: www.snowbirds.org

Customs Information

If you plan to travel outside Canada and require customs information, contact the Canada Customs and Revenue Agency.

For more information, contact:
Toll-free: 1-800-461-9999
Toll-free TDD: 1-800-267-0825
Website: www.ccra-adrc.gc.ca

Passports

Application forms are available at the Passport Office, Canada Post outlets, travel agencies, or on the Internet at **www.ppt.gc.ca.**

For more information, contact:
Passport Office
Department of Foreign Affairs and International Trade
1505 Barrington Street, Suite 1508
Maritime Centre Building
Halifax, NS B3J 3K5

Toll-free: 1-800-567-6868
Toll-free TTY: 1-866-255-7655
Website: www.ppt.gc.ca

Life-Long Learning Opportunities

Libraries

Alzheimer Resource Library

The library is a service of the Alzheimer Society of Nova Scotia. *Hours:* Monday to Thursday, 8:30 am–4:30 pm and Friday 8:30 am–4:00 pm.

For more information, contact:
Phone: . . . . . .(902) 422-7961

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Fax: 506-753-6386

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Fax: 506-735-9101

Moncton
Tel: 506-854-6340
Fax: 506-382-8923

Saint John
Tel: 506-642-2622
Fax: 506-658-1529

NOVA SCOTIA

Dartmouth
Tel: 902-463-9520
Fax: 902-463-2631

Halifax
Tel: 902-477-5611
Fax: 902-479-2150

Truro
Tel: 902-895-1651
Fax: 902-893-4427

PRINCE EDWARD ISLAND

Charlottetown
Tel: 902-566-2211
Fax: 902-566-2214

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or visit us online at
www.howardjohnson.com

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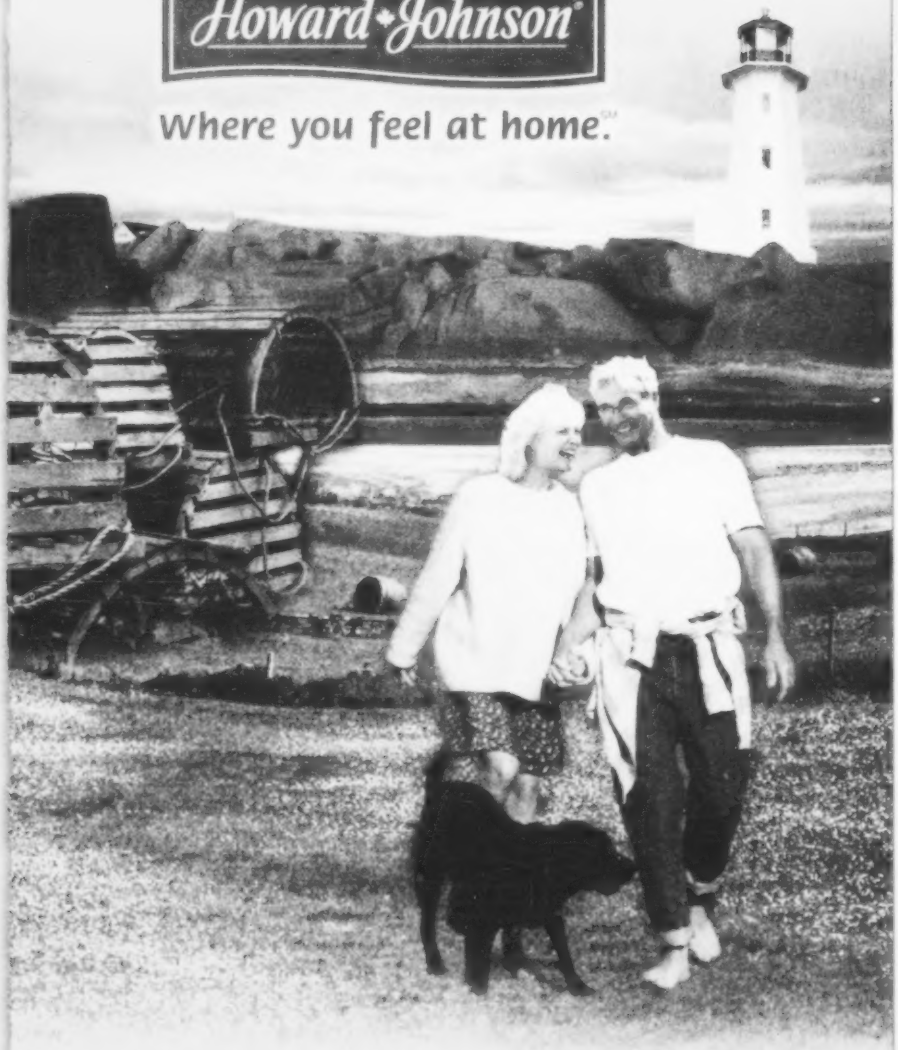


Whether you're vacationing in Atlantic Canada to experience New Brunswick's Bay of Fundy, Nova Scotia's Peggy's Cove or visiting the home of Anne of Green Gables in Prince Edward Island, at the end of the day you will rest easy at Howard Johnson®. Our commitment to quality, cleanliness, and service is your guarantee we'll do everything we can to ensure that you are satisfied with your stay. To discover Howard Johnson® throughout Canada, call us at **1-800-446-4656** or visit us at **www.howardjohnson.com**

Ask about our Regional Hot Deals

Caregiver Resource Library — Nova Scotia Centre on Aging

This lending library is located in the Nova Scotia Centre on Aging building on the Mount Saint Vincent University campus. It offers books and videos for family and professional caregivers. Topics include: the aging process, elder abuse, legal issues, home care, stress, counselling, aging with developmental disabilities, and support groups. Anyone who lives in Nova Scotia may borrow from the library. If you live outside the Halifax area, the centre will send you books by courier.

Hours: Tuesday and Thursday, 1:00 pm–4:30 pm. A list of the books and videos available at the library may be found on the Nova Scotia Centre on Aging website listed below.

For more information, contact:
Library Coordinator
Caregiver Resource Library
Nova Scotia Centre on Aging
Mount Saint Vincent University
Bedford Highway, NS B3M 2J6

Phone: . . . . . .(902) 457-6561
Website:
www.msvu.ca/campus-information/caging

Information Resource Centre — Senior Citizens' Secretariat

The Centre maintains a collection of books, reports, magazines, videos, pamphlets, and newsletters on topics related to aging. The materials may be borrowed by the general public. A mail service is available for people who cannot visit the Centre. To obtain a listing of subjects covered, contact the librarian.

For more information, contact:
Jane Phillips, Librarian
1740 Granville Street, 4th Floor
PO Box 2065
Halifax, NS B3J 2Z1

Phone: . . . . . .(902) 424-4710
Toll-free: 1-800-670-0065
E-mail: scs@gov.ns.ca
Website: www.gov.ns.ca/scs

Nova Scotia Regional Public Libraries – Services for Seniors

The public libraries offer a variety of programs and services to seniors, including large-print books, special collections of information relating to the interests and concerns of seniors, a books-by-mail service, book delivery service, talking-books service, descriptive videos, and special programs on topics of interest to seniors.

For more information, contact:
Your nearest regional library, as listed in your local telephone directory.

Website: www.library.ns.ca/regionals

Gerontology Programs

Mount Saint Vincent University

MSVU offers the following programs:

- Master of Arts in Family Studies and Gerontology
- Bachelor of Applied Arts (Family Studies and Gerontology) - honours option also available
- Certificate in Gerontology

For more information, contact:
Admissions Office

Mount Saint Vincent University
166 Bedford Highway
Halifax, NS B3M 2J6
Phone: . . . . . .(902) 457-6128
E-mail: admissions@msvu.ca
Website: www.msvu.ca

Community Learning Networks

Learning programs are available in many communities for older adults at no fee. The programs allow you to upgrade your basic skills, set your own goals, and work at your own pace. Individual sessions with volunteer tutors are often available. Other continuing learning opportunities are also offered. There are ~~24~~ 23 Community Learning Networks located throughout Nova Scotia. For more information, contact the network nearest you. You're never too old to learn!

Annapolis County Learning Network
Lawrencetown, NS
Phone: . . . . . .(902) 825-2266

Antigonish County Adult Learning Association
Antigonish, NS
Phone: . . . . . .(902) 863-3060

Bedford-Sackville Literacy Network
Lower Sackville, NS
Phone: . . . . . .(902) 869-3838

Cape Breton Literacy Network
Sydney, NS
Phone: . . . . . .(902) 564-5667
(902) 564-8404

Colchester Adult Learning Association
Truro, NS
Phone: . . . . . .(902) 895-2464

Community Learning Association North of Smokey
Ingonish, NS
Phone: . . . . . .(902) 285-2354

Cumberland Adult Network for Upgrading
Amherst, NS
Phone: . . . . . .(902) 661-0153

Dartmouth Literacy Network
Dartmouth, NS
Phone: . . . . . .(902) 464-~~3444~~ 3265

Deaf Literacy Nova Scotia Association
Halifax, NS
Phone (Voice/TTY): . . . . .(902) 423-~~3864~~ 3353

Digby Area Learning Association
Digby, NS
Phone: . . . . . .(902) 245-7532

"Assisted Living" Available Now in Chester

An affordable alternative with numerous options for you.

Our services are designed for those individuals who are capable of handling most of their own physical needs, but may require/desire assistance with some or all of the daily tasks of living.

All 'assisted living' residents receive:

- Meals Prepared & Delivered To Your Dining Area
- Ensuite Bathroom & Shower
- On-Site Recreational Activities
- On-Site Chapel & Quiet Room
- On-Site Beauty Salon
- Secure Building
- Laundry & Linen Service
- Housekeeping Service
- Weekly Bathing Assistance
- Medication Management

Shoreham Village currently has available private rooms with private bathroom, located in a newly completed wing designed for 'Assisted Living' residents.

We are taking advance bookings for one and two bedroom 'Assisted Living' Apartments.

For information concerning availability contact:

Brian Selig,
Administrator
Shoreham Village
902-275-5631

SHOREHAM VILLAGE

Eastern Shore & Musquodoboit Valley Literacy Network
Sheet Harbour, NS
Phone: . . . . . .(902) 885-3473

Guysborough County Adult Learning Association
Guysborough, NS
Phone: (902) 533-4252
Toll-free 1-877-332-1277

Halifax Community Learning Network
Halifax, NS
Phone: . . . . . .(902) 422-7648

Hants Learning Network Association
Newport, NS
Phone: . . . . . .(902) 633-2110

Inverness County Literacy Network
Port Hawksbury, NS
Phone: . . . . . .(902) 625-1599

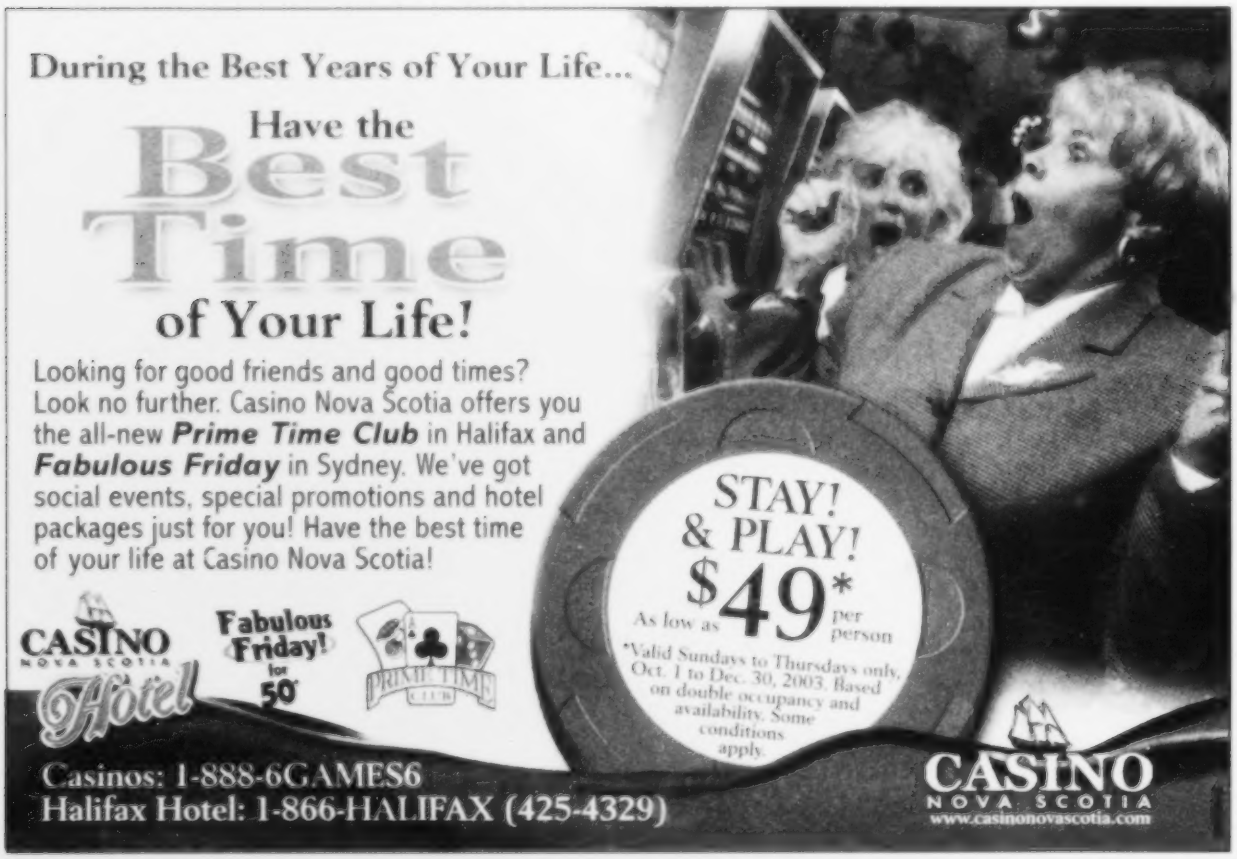
Kings County Learning Association
Kentville, NS
Phone: . . . . . .(902) 542-4403

Lunenburg County Adult Learning Network
Bridgewater, NS
Phone: . . . . . .(902) 543-0488

Nova Scotia ESL Network
Halifax, NS
Phone: . . . . . .(902) 454-6605

Pictou PiCCoLA
Pictou, NS
Phone: . . . . . .(902) 485-7014

Queens County Learning Network
Liverpool, NS
Phone: . . . . . .(902) 354-3635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Time
of Your Life!
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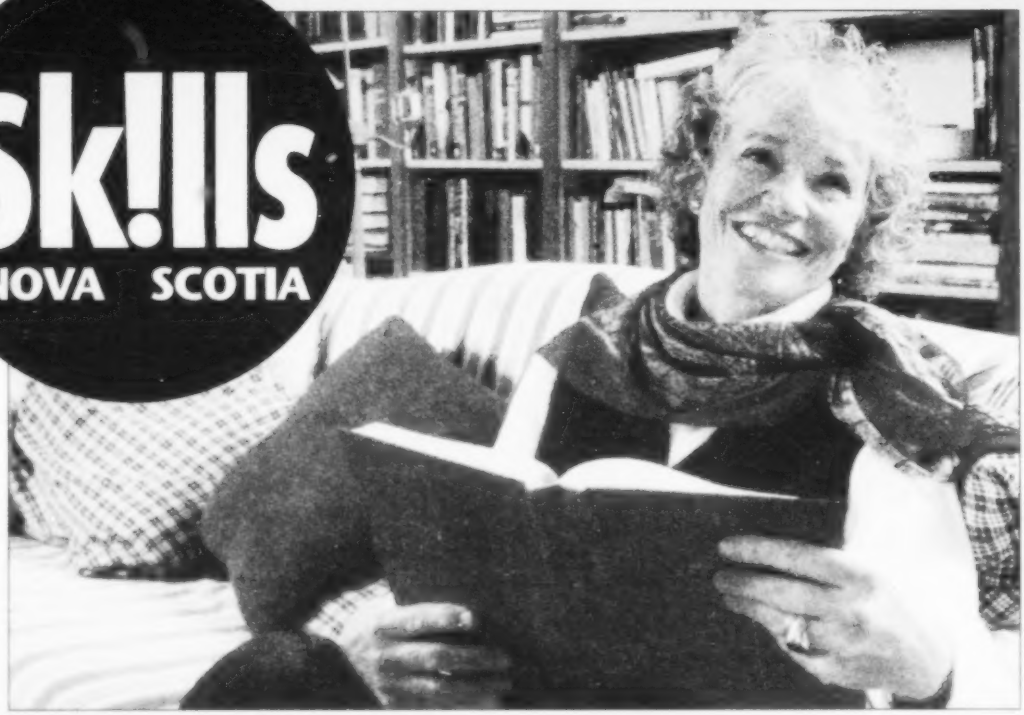

The Skills and Learning Branch of the Department of Education offers many quality programs and services which may benefit older workers and seniors.

Nova Scotia School for Adult Learning provides an opportunity for adults to improve their literacy and numeracy skills and/or acquire a high school diploma. For more information please call: **902-424-7287**

GED testing service provides an opportunity for adults 19+, and out of school for one year to acquire a high school equivalency certificate. For more information please call: **902-424-4227**

Apprenticeship provides training to employed Nova Scotians who want to obtain a Certificate of Qualification in their trade. For more information please call: **902-424-5651** or **1-800-494-5651**

Workplace Education provides an opportunity for employees to improve essential skills at work. For more information please call: **902-424-0492**

NOVA SCOTIA
Education

Richmond County Literacy Network
D'Escousse, NS
Phone: . . . . . .(902) 226-0383

Shelburne County Learning Network
Shelburne, NS
Phone: . . . . . .(902) 875-4272

Western Halifax Regional Municipality Community Learning Network
Hubbards, NS
Phone: . . . . . .(902) 225-6320

Yarmouth County Learning Network
Yarmouth, NS
Phone: . . . . . .(902) 742-8151

University and Community College Courses for Seniors

Reduced Tuition Fees

The following universities in Nova Scotia offer credit courses to seniors on a tuition-free or reduced-fee basis.

Acadia University, Wolfville — Reduced fee structure for all credit courses for seniors 60+. For more information, contact student accounts:

Phone: . . . . . .(902) 542-2201

Atlantic School of Theology, Halifax — 50 percent reduction in tuition to seniors 65+ (as of date of registration) for credit courses. An additional fee reduction is made for seniors wanting to audit courses.

Phone: . . . . . .(902) 423-6939

Dalhousie University, Halifax — Free tuition for all undergraduate credit courses for seniors 65+. For more information, contact student accounts:

Phone: . . . . . .(902) 494-2211

Mount Saint Vincent University, Halifax — 50 percent reduction in tuition to seniors 65+ for undergraduate credit courses

Phone: . . . . . .(902) 457-6128
E-mail: admissions@MSVU.ca

Nova Scotia College of Art and Design, Halifax — 40 percent discount on tuition fees for all undergraduate courses for seniors 60+. 20 percent discount on Continuing Education courses.

Phone: . . . . . .(902) 494-8195

Saint Francis Xavier University, Antigonish — Free tuition for all undergraduate credit courses for seniors 65+.

Phone: . . . . . .(902) 863-3300

Université Sainte-Anne, Church Point — 50 percent discount on tuition fees for seniors 65+ for all credit courses.

Phone: . . . . . .(902) 769-2114

University College of Cape Breton, Sydney — Free tuition for seniors 65+ or pre-retired 60+ for all credit courses.

Phone: . . . . . .(902) 539-5300

Distance Education Courses

Distance education programs allow the learner and the educator to work together

O'BRIEN MOTOR COACH TOURS LTD.
61 Church St., St. Stephen, N.B. E3L 1M6
Phone: 506-466-5760 Fax: 506-466-5631
2004 TOURS – SEND FOR CATALOGUE
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FLORIDA – BEACH & DISNEY WORLD
February 18 - March 7
SPRING in MYRTLE BEACH & OCEAN CITY
April 26 - May 9
OTTAWA TULIP FESTIVAL
May 19-25, 2004 – June 2 Mystery Tours
NOVA SCOTIA INTERNATIONAL TATTOO
3 Day Tours – July
TOPS CONVENTION
July – Pittsburgh, Pa.
PRINCE EDWARD ISLAND – CABOT TRAIL and NOVA SCOTIA
TEXAS & NEW ORLEANS
September 1-18, Cape Cod – Sept.
MISSISSIPPI CRUISE & GREAT LAKES
October 1-14
LANCASTER & THE AMISH & NOAH
October 19-28
BRANSON - CHRISTMAS LIGHTS
2 Tours in November
NEW YORK CITY - December
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for information & reservations Toll-Free 1-888-577-8687 or 506-466-5760
D0180972

from a distance to permit a flexible learning schedule. Methods of distance education include television broadcasts, teleconferencing, audio and video tapes, e-mail and the Internet. Costs of courses may vary. A calendar of courses is available.

For more information, contact:
Association of Atlantic Universities
Suite 403, 5657 Spring Garden Road
Halifax, NS B3J 3R4

Phone: . . . . . .(902) 425-4233
Website: www.dal.ca/aau

Nova Scotia Community College

In addition to full-time courses, the NSCC offers part-time and Distance Education courses at its 12 locations around the province. There is no reduced tuition fee for seniors.

For more information, contact:
Phone: . . . . . .(902) 491-4911
Toll-free: 1-866-679-6722
Website: www.nsccadmissions@nscc.ca

Acadia Lifelong Learning Centre (ALL)

The Acadia Lifelong Learning Centre (ALL) is a community driven initiative of Acadia University's Division of Continuing and Distance Education that provides quality educational opportunities to older adults. Non-credit programs are held on campus during the Fall, Winter, and Spring terms.

For more information, contact:
Coordinator

Phone: . . . . . .(902) 585-1434
Toll-free: 1-800-565-6568
E-mail: allinfo@acadiau.ca
Website: http://conted.acadiau.ca

Elderlearners

Elderlearners, sponsored by the Division of Continuing Education at Saint Mary's University, offers adults, age 55 and over, an opportunity to become involved in lifelong learning. Patterned on Universities of the Third Age in Europe, its members continue to educate themselves and share ideas on a wide variety of subjects of interest to older adults through a series of lectures and short courses every fall and winter.

For more information, contact:
Jim Sharpe, SMU
Division of Continuing Education
Saint Mary's University
Halifax, NS B3H 3C3

Phone: . . . . . .(902) 420-5492

Other Seniors' Programs

Routes to Learning Canada

This organization, formerly called Elderhostel Canada, is a not-for-profit, charitable organization providing education-travel adventures. With Routes to Learning Canada you can travel with others who share your quest for new insight. You'll venture on and off the beaten path, discovering places, people, and things that are inaccessible to the average traveller. The organization is the provider of Canadian learning travel programs for Elderhostel Inc.

For more information, contact:
Tanya Poulton
Canada East Field Office Director
65 Millrun Crescent
Bedford, NS B4A 3H9

Phone: . . . . . .(902) 835-8630
E-mail: Tanya.Poulton@routestolearning.ca
Website: www.routestolearning.ca

Computers and the Internet

Community Access Program (CAP)

CAP offers affordable access to the Internet. Computers are available for affordable *public use. You can read your e-mail, look* at websites, check your stocks, or search the Internet. This community-based program, supported by a variety of partnerships, can be found in communities across Canada. Call today to locate the CAP site nearest you.

For more information, contact:
Toll-free: 1-866-569-8428
Website: www.nsaccess.ns.ca/cap

Halifax Region Seniors' Multiple Point Access Program (HRSMPAP)

This seniors' program teaches you how to use a computer. You can sign up for training on the computer and internet. Classes are taught by seniors at an easy pace, in a friendly seniors' centre environment. You can join a computer club to share skills and learn more about computers from your peers.

For more information, contact:

Dartmouth Seniors' Service Centre
45 Ochterloney Street
Dartmouth, NS B2Y 4M7

Phone: . . . . . .(902) 465-5578
E-mail: dartseniors@accesswave.ca

Rockingham Community Centre
199 Bedford Highway
Halifax, NS B3M 2J9

Phone: . . . . . .(902) 490-4686

Sackville Seniors Advisory Council
45 Connolly Street
Lower Sackville, NS B4C 1S6

Phone: . . . . . .(902) 864-5591

Spencer House Seniors' Centre
5596 Morris Street
Halifax, NS B3J 1C2

Phone: . . . . . .(902) 421-6131

Spryfield Seniors' Society
South Centre Mall
16 Dentith Road, Box 41
Halifax, NS B3R 2H9

Phone: . . . . . .(902)477-5658

Ward 5/St. Mark's
5522 Russell Street
Halifax, NS B3K 1X2

Phone: . . . . . .(902) 454-0018

Student Connection Program

This initiative is a partnership between Industry Canada and HRDC's Youth Employment Strategy (YES). It offers training to seniors in learning today's latest computer technology. For a reasonable fee, you can sign up for group training sessions or one-on-one instruction in your home. Topics include:

- introduction to computers, the internet and e-mail
- on-line banking and e-commerce

For more information, contact:
Sheri Miller

Phone: . . . . . .(902) 426-0566
Toll-free: 1-888-807-7777
E-mail: miller.sheri@cbsc.ic.gc.ca
Website: www.studentconnection.ns.ca

Using Technology? Positively!

This series of fact sheets on everyday technologies and seniors is available free of charge. Topics include:

- Series Overview
- Telecommunications: Phones and More
- Looking After Your Money: Technology and Banking
- Computers: Getting Online Using the Internet
- For the Good of Your Health: Technology and Health Care
- How Are Everyday Technologies Kept Safe?
- Older Adults Mean Business

For more information, contact:
Senior Citizens' Secretariat

Phone: . . . . . .(902) 424-0065
Toll-free: 1-800-670-0065
E-mail: scs@gov.ns.ca

Did You Know?

Just under three in twenty (13.9%) of Nova Scotians are aged 65 years or older. This amounts to 131,000 seniors out of a provincial population of 948,000.

Scotia Nursing *Homes Limited*

Celebrating the freedom and uniqueness of each individual while ministering to their spirit, mind and body.

125 Knowles Crescent, Beaver Bank, N.S. B4G 1E7
Telephone (902) 865-6364
Fax (902) 865-3582

Employment

Human Resource Centres of Canada (HRCC)

These centres offer a range of employment services to Canadians and provide support to people looking for jobs.

Employment Insurance Benefits — Like other Canadian workers, if you are 65 or over you can get Employment Insurance (EI) benefits or sickness benefits if you meet the criteria. EI earnings that may affect the benefits you receive include retirement income such as employment pensions. The centres can provide you with information about EI.

Job Search Support — The HRCCs offer support to people looking for jobs including job and career counselling, help with writing resumes, computerized information on jobs, and job-finding clubs.

Social Insurance Number (SIN) — The centres can help you to obtain or replace a Social Insurance card. The fee for replacing a card is $10.

For more information, contact:
Phone (English): 1-800-206-7218
Phone (French): 1-800-808-6352
Website: www.hrdc-drhc.gc.ca

Seniors for Seniors

Seniors for Seniors provides employment opportunities for workers 50 years of age and older in the Halifax area. Positions available include homemakers, handy-persons, home-cleaners, and companions.

For more information, contact:
Howard Court or Janet Wilson
7001 Mumford Road, Tower 1
Suite 819, Halifax, NS B3L 4N9

Phone: . . . . . (902) 454-3674
Toll-free: 1-800-719-6643

Workers' Compensation Board of Nova Scotia

The Workers' Compensation Act of Nova Scotia protects both the injured worker and the employer. It provides financial assistance, medical aid, rehabilitation, re-employment and protection from participating in court processes.

Financial assistance may include:

- temporarily paying a portion of the workers' salary while he/she recovers enough to return to work.
- paying a portion of earnings for an extended period of time (if there is financial loss due to permanent impairment).

In some cases of permanent impairment, more comprehensive financial arrangements are made. As well, if a worker dies as a result of a workplace accident, the act allows for survivor benefits and dependent child benefits.

For more information, contact:
Main Office
5668 South Street
PO Box 1150
Halifax, NS B3J 2Y2
Phone: . . . . . .(902) 491-8999
Toll-free: 1-800-870-3331
E-mail: info@wcb.gov.ns.ca
Website: www.wcb.ns.ca
or
Branch Office, Sydney
336 Kings Road, Suite 117
Sydney, NS B1S 1A9
Phone: . . . . . .(902) 563-2444
Toll-free: 1-800-880-0003

Transportation

Gasoline Stations

Service Nova Scotia and Municipal Relations offers an on-line service that lets seniors know which gas stations in the province offer full-serve, self-serve, or both levels of services. The website can be found at: **www.servicens.ca/gasstations**

If you do not have access to a computer, contact the Senior Citizens' Secretariat for information about the gasoline stations nearest you.

For more information contact:
Phone: . . . . . .(902) 424-0065
Toll-free: . . . . . .(902) 670-0065

Licenses and Safe Driving

Driver's Licenses

Photo driver's licenses are issued by the Registry of Motor Vehicles, a division of Service Nova Scotia and Municipal Relations. The cost to renew a Class 5 (regular) licence for a five-year period is $60.

Appointments for Seniors — People with special needs, including seniors, may schedule a time to renew their license rather than waiting for extended periods of time.

Mobility Disabled License Plates and Permits — The Registry of Motor Vehicles ensures that those needing to park close to buildings due to mobility impairments, are able to do so. See details on page 26.

Veteran's Plates — Qualified individuals can apply for Veteran's plates by completing

the application form and supplying proof of eligibility. The registration fee is an additional $5 added to the usual cost of registering your vehicle.

Refunds — You can request a refund if you move out of the province or have stopped driving. Additionally, refunds can be requested by the estate on behalf of deceased drivers. The refund will be for the time remaining in the five-year period for which the driver has paid, minus the $9 fee and an administration fee of $11.50.

Office Locations — Contact the Registry's toll-free information line to locate the office nearest you.

For more information, contact:
Phone *(Halifax)*: . . . . . .(902) 424-5851
Toll-free: 1-800-898-7668
Website: www.gov.ns.ca/snsmr/rmv

Seniors' Safe Driving Discount Program

Funding provided by Service Nova Scotia and Municipal Relations has made it possible for Nova Scotia drivers, aged 65 and over, who hold a valid driver's licence to receive a one-time, $40 rebate on safe driving courses. Since many of the organizations offering this program charge $40 or less, seniors usually attend for free.

VISITING HALIFAX/DARTMOUTH

Receive true value with our Seniors Discounts and experience the comfort of our bright, spacious, air-conditioned rooms. Enjoy the convenience of your own kitchenette or dine in our licensed family restaurant. Elevator equipped, free local calls, free parking and complimentary in-room coffee or tea.

Group rates available.

Located minutes from most attractions in Halifax/Dartmouth.

Coastal Inn Concorde

379 Windmill Rd., Dartmouth 465-7777

1-800-565-1565

Safe driving courses can help you understand how aging affects your driving skills and discover ways to make up for these changes.

Participation is voluntary and seniors do not have to take a course to keep their drivers' licenses. The courses are educational and do not involve a road test.

For more information, contact:
Seniors Safe Driving Discount Program
Service Nova Scotia and Municipal Relations

Phone: . . . . . .(902) 424-5851
Toll-free: 1-800-898-7668
Website: www.gov.ns.ca/snsmr

For information on a specific course, contact the following organizations:

Courses Available Province-Wide

Nova Scotia Safety Council

2786 Agricola Street
Bloomfield Centre
Halifax, NS B3K 4E1

Phone: . . . . . .(902) 454-9621
E-mail: nssc@nssafety.ns.ca

Older Drivers Safe Driving Course
Nova Scotia Government Retired Employees Association
PO Box 20142
349 Herring Cove Road
Halifax, NS B3R 2K9
Phone: . . . . . .(902) 477-5155

Amherst

Fundy Driving School

Phone: . . . . . .(902) 667-8090

Bridgetown

Discover Driving

Phone: . . . . . .(902) 665-2831
Website: www.discoverdriving.com

Brookfield

South Colchester Driving School

Phone: . . . . . .(902) 673-2958

Kentville

Fundy Driving School

Phone: . . . . . .(902) 679-0607

Halifax/Dartmouth Metro Area

Drive Wise Driving Program

Phone . . . . . .(902) 434-5113
E-mail: DriverED@AdvancedDriving.com

Pictou

Pictou Driving Academy

Phone: . . . . . .(902) 485-5789
E-mail: kmaclean@north.nsis.com

Transport 2000

Transportation is a central issue affecting seniors. This organization promotes public transportation in the Atlantic Provinces. It is involved in research, consumer advocacy, and education. Those who are interested in becoming involved should contact the office.

For more information, contact:
John Pearce
Transport 2000 Atlantic
Box 268 Dartmouth, NS B2Y 3Y3

Phone: . . . . . .(902) 469-3474
E-mail: JK.Pearce@ns.sympatico.ca

Public Transportation Regional Services

Dial-a-Ride Nova Scotia

Service Nova Scotia and Municipal Relations partners with several other government departments and agencies to provide a diverse range of safe, affordable, and accessible public transportation services to meet the needs of rural Nova Scotians, including those who are disabled, disadvantaged, or elderly. These services, available in many parts of the province, are part of the Dial-a-Ride Nova Scotia network.

Partial funding for these services is provided under the Community Transportation Assistance Program (CTAP). Non-profit organizations interested in developing new community-based transportation services are eligible for a grant upon approval of a summary business plan by Service Nova Scotia and Municipal Relations.

For more information, contact:
René Frigault
Service Nova Scotia and
Municipal Relations

Phone: . . . . . .(902) 424-2088
or
Dial-a-Ride Nova Scotia
Toll-free: 1-877-305-7433
Website: www.gov.ns.ca/snsmr/dialaride

Transportation Services by Area/County

(also, see Shuttle Services on page 56)

Annapolis County

Kings Transit

This service provides public transportation on fixed-routes in the Annapolis Valley area. Seniors' passes are available at a discount price.

For more information, contact:
Phone: . . . . . .(902) 678-7310
E-mail: andy@kingstransit.ns.ca
Website: www.kingstransit.ns.ca

Annapolis County Alternative Transportation Society (ACATS)

Through the Dial-a-Ride network, this service provides safe, affordable, and accessible public transportation to people who are disabled, elderly, or disadvantaged.

For more information, contact:
Vicki-Lynn Spriggs, Bridgetown

Phone: . . . . . .(902) 665-1212
Toll-free: . . . . . .1-877-305-7433 ext. 7
E-mail: acats@ns.sympatico.ca
Website: www3.ns.sympatico.ca/acats

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Offering Medical Products & Services by trained professionals.• Personal Alarm Systems • Stairlifts & Mini Elevators • Mastectomy Fittings • Homecare Products • Serving Nova Scotia since 1987

Family 1st is pleased to offer the Invacare line of Oxygen Concentrators. The Platinum Concentrators are loaded with new features and a proven design and is the choice of many Respiratory Therapists and other respiratory professionals.

PRIDE
Mobility Products Corp.

Zoom-3

Invacare Personal Mobility Vehicles (PMVs) offer the best in reliability, performance and features. With its compact design and stylish good looks, the new Invacare Zoom-3 offers maximum maneuverability and performance indoors. The fold-down tiller and removable seat make transporting simple. Personal items fit conveniently into the front basket. The Invacare Zoom-3 is an ideal economic scooter.

1-800-565-2021
www.family1stmedical.ns.ca
Sydney: 564-8811 • Valley: 681-0202

Family 1st Medical

Cape Breton Regional Municipality

Transit Cape Breton

This service provides public transportation on fixed-routes in the Industrial Cape Breton area. Special fares for seniors are available.

For more information, contact:
Phone: . . . . . .(902) 539-8124

Handi-Trans

Handi-Trans is a shared-ride, door to door public transportation service for registered mobility impaired residents of seven municipalities in Industrial Cape Breton. The service is operated by Cape Breton Regional Transit Authority and is available by appointment, Monday to Saturday.

For more information, contact:
Bernie Steele

Phone: . . . . . .(902) 539-4336
E-mail:
damuldoon@region.cape-breton.ns.ca

Clare/Digby County

Le Transport de Clare

Through the Dial-a-Ride network, this service provides safe, affordable, and accessible public transportation to people who are disabled, elderly, or disadvantaged. This service operates Monday to Friday, 8:00 am–4:00 pm.

For more information, contact:
Volunteer Manager

Dispatch Operator: . . . . . .(902) 769-2477
E-mail: crobicheau@auracom.com
Website: www.gov.ns.ca/snsmr/dialaride
(choose Transportation Services in NS)

Colchester County

Colchester Transportation Cooperative Ltd. (CTCL)

Through the Dial-a-Ride network, this service provides safe, affordable, and accessible public transportation to people who are disabled, elderly, or disadvantaged.

For more information, contact:
Teresa Higgins, Dispatch Office

Phone: . . . . . .(902) 869-7433
E-mail: ctcl@ns.sympatico.ca
Website: www.ctcl.ca

Able Transit — Truro

This service, operated by the Disabled Consumers' Society of Colchester County, is designed to meet the needs of disabled consumers in Truro and surrounding areas.

For more information, contact:
Phone: . . . . . .(902) 895-2110

Halifax Regional Municipality

Metro Transit

This service provides public transportation on fixed-routes in the Halifax/Dartmouth metro area. Special fares for seniors are available when purchasing a seniors' metro pass, a 20 ticket sheet, or when paying a cash fare.

For more information, contact:
Metro Info Line: . . . . . .(902) 490-4000
TDD Line: . . . . . .(902) 490-6645
E-mail: MetroInfo@region.halifax,ns.ca
Website:
www.region.halifax.ns.ca/metrotransit/

Metro Transit Access-A-Bus

This service, operated by Metro Transit, provides a shared-ride, door-to-door, public transportation service for people who are declared eligible through the registration process. The service operates within the communities of Halifax, Dartmouth, Bedford and the suburban area of Sackville, Colby Village, Eastern Passage, Forest Hills, Herring Cove, and Bay Road.

For more information, contact:
Phone: . . . . . .(902) 490-6999
TTY: . . . . . .(902) 490-6664
E-mail: contactHRM.region.halifax.ns.ca
Website:
www.region.halifax.ns.ca/metrotransit/Access/Access.html

An Extra Hand Transportation

This private service offers door to door transportation in the Halifax/Dartmouth area. Available Monday to Friday during the day. Call in advance.

For more information, contact:
Phone: . . . . . .(902) 830-7244

Book-A-Ride

This service provides transportation to medical appointments in most of HRM for seniors and those with disabilities. Call 24 hours in advance. Service available on request.

Seaview Manor Corporation

Seaview Manor is a fully accredited continuing care facility.

101 permanent beds
2 respite beds

Seaview Manor Corporation will provide continuing care to residents of the Cape Breton District Health Authority.

Programs and services will be based on assessed needs, keeping in mind quality-of-life, respect and dignity of all.

275 South Street, Glace Bay, NS B1A 1W6
(902) 849-7300

For more information, contact:
Phone: . . . . . .(902) 864-5591
(902) 864-2165

Canadian Red Cross Society Transportation Service

Door-to-door transportation is available to people in Dartmouth who need a ride to and from medical appointments. Clients must register before using the service and must be able to get in and out of the vehicle independently. There is no charge, but donations are gratefully accepted.

For more information, contact:
Phone: . . . . . .(902) 496-0103

VON Transportation

This service provides people in the Halifax Regional Municipality with transportation to health related appointments. It operates Monday to Friday during the day. Booking is required a week in advance.

For more information, contact:
Transportation Coordinator

Phone: . . . . . .(902) 455-7433

Callow Wheelchair Buses

Wheelchair accessible buses can be booked by groups who require transportation for recreational purposes. The service is designed for groups of people using wheelchairs and others who are unable to use regular transportation. A minimum donation is requested at the time you place your order.

For more information, contact:
Don Allen, Executive Director
Rosemarie Leblanc, Secretary

Phone: . . . . . .(902) 422-9433

Hants County

West Hants Dial-a-Ride

Through the Dial-a-Ride network, this service provides safe, affordable, and accessible public transportation to people who are disabled, elderly, or disadvantaged.

For more information, contact:
Janice Caldwell, Dispatcher

Phone: . . . . . .(902) 792-1800
Toll-free: 1-877-305-7433
E-mail: dialaride@hantscountycan.org
Website: www.hantscountycan.org

Hants Community Accessible Transportation Service

This privately operated transportation service provides door to door, wheelchair accessible service to residents of Hants, Kings, and Halifax Counties. Flexible hours.

For more information, contact:
Barbara Lynds-Boone

Phone: . . . . . .(902) 798-0926

Kings County

Kings Transit

This service offers public transportation on fixed-routes in the Annapolis Valley area. Seniors' passes are available at a discount price.

For more information, contact:
Phone: . . . . . .(902) 678-7310
E-mail: andy@kingstransit.ns.ca
Website: www.kingstransit.ns.ca/

Kings County Alternative Transportation Services Society (KCATSS)

Through the Dial-a-Ride network, this service provides safe, affordable, and

accessible public transportation to people who are disabled, elderly, or disadvantaged in the Kings County area. Transportation to Halifax for medical appointments is also available twice a week. Charitable donations accepted.

For more information, contact:
Stephanie Vogler, Kentville

Phone: . . . . . .(902) 678-1218
Toll-free: 1-877-305-7433
E-mail: ats@ns.sympatico.ca
Website: www3.ns.sympatico.ca/ats

Lunenburg County

Senior Wheels Association – Bridgewater

This association runs an eight-passenger, wheelchair-accessible bus in the town of Bridgewater and seven kilometres outside the town limits. The service is offered to seniors and disabled persons of all ages. The service is sponsored by the Bluenose Golden K. Kiwanis Club. *Times:* Daily, and some evenings by request. *Fees:* Free of charge. To reserve a ride, please phone one day in advance.

For more information, contact:
Phone: . . . . . .(902) 543-2255
(answering service)

Pictou County

Central Highlands Association of the Disabled (CHAD)

Through the Dial-a-Ride network, this service provides safe, affordable, and accessible public transportation to people who are disabled, elderly, or disadvantaged.

For more information, contact:
Ron Levy, New Glasgow

Phone: . . . . . .(902) 755-1944
Toll free: 1-877- 305-7433
E-mail: r.levy@ns.sympatico.ca
Website: www.gov.ns.ca/snsmr/dialaride
(choose Transportation Services in NS)

VON Volunteer Transportation Program

Transportation to health related appointments in Pictou is provided during the day, Monday to Friday. Advance booking is required.

For more information, contact:
Sheila Hoeg, Coordinator
VON New Glasgow

Phone: . . . . . .(902) 755-4524

Yarmouth County

Hut's Transit

This service provides public transportation on fixed-routes within the town of Yarmouth, from Monday to Saturday.

For more information, contact:
Gary Hudson

Phone: . . . .(902) 749-4309 *(direct to bus)*

Handicapped Organization Promoting Equality (HOPE)

Through the Dial-a-Ride network, this service provides safe, affordable, and

Nova Scotia SAFETY Council
Driver Refresher Course for 55+
No tests or exams!
FREE for Seniors over 65
Contact the Nova Scotia Safety Council for current course schedule or to discuss setting up your own course.
2786 Agricola Street, Halifax, N.S. B3K 4E1
Ph. (902) 454-9621, ext. 25 Fax: (902) 454-6027

accessible public transportation to people who are disabled, elderly, or disadvantaged.

For more information, contact:
Bill Crawford, Yarmouth, NS

Phone: . . . . . .(902) 742-8910
Toll free: 1-877- 305-7433
E-mail: hopecentre@ns.sympatico.ca
Website: www.yarmouthweb.com/hope/

Shuttle Services

Campbell's Shuttle Service
(Yarmouth – Halifax)

Personalized service is offered daily in a seven-passenger van.

For more information, contact:
Phone: . . . . . .(902) 742-6101
Toll-free: 1-800-742-6101

Health Care Shuttle
(Pictou – Halifax)

Door-to-door transportation to and from appointments is provided, by appointment only. Drivers are available to help clients in and out of hospitals, doctors' offices, etc.

For more information, contact:
John Henderson

Phone: . . . . . .(902) 759-8710

Valley Drug Mart Health
(Middleton – Halifax)

Daily service is available to any patient who has an appointment with a specialist in Halifax. Donations are greatly appreciated.

For more information, contact:
Phone: . . . . . .(902) 825-4822

Sloane's of Hants Helping Hand Transport
(Truro – Halifax – Windsor)

Door-to-door return service to your appointments is provided. Assistance is available, if needed. Day trips for up to 3 persons are also available. Wheelchair available, but not wheelchair accessible. Call in advance.

For more information, contact:
John Sloane, Shubenacadie

Phone: . . . . . .(902) 883-2149

Shuttle Bug Shuttle Service
(L'Ardoise/St. Peters – Halifax/Dartmouth)

This shuttle offers return service, six days a week (not Saturday), on a set schedule. Call in advance.

For more information, contact:
Bruce Prout

Phone: . . . . . .(902) 587-2359
Toll-free: 1-888-217-6691

Federal Retirement Income Programs

Old Age Security Program and Canada Pension Plan

Human Resources Development Canada (HRDC) administers the Old Age Security Program (OAS) and Canada Pension Plan (CPP).

You can contact HRDC to arrange an appointment or ask questions about CPP or OAS.

Seniors not receiving Old Age Security please call HRDC.

For more information, contact:

Toll-free *(English)*: 1-800-277-9914
Toll-free *(French)*: 1-800-277-9915
TTY: 1-800-255-4786
Websites: www.hrdc-drhc.gc.ca
www.seniors.gc.ca

Old Age Security Program (OAS)

This monthly benefit is available to most Canadians 65 years of age or older. You must apply for this pension benefit and you must also meet OAS residence requirements. See page 61 for information about OAS identification cards.

Your employment history is not a factor in determining your eligibility, nor do you need to be retired to receive this benefit. You can apply for OAS benefits any time from six months to a year before your 65th birthday. OAS benefits are indexed quarterly and are subject to income tax.

The amount of your pension depends on how long you have lived in Canada. If you do not have enough periods of residence in Canada to qualify for a pension, you may still qualify if you lived in and/or made social security contributions in a country with which Canada has a social security agreement.

Information for Higher Income Seniors

In 2003, pensioners with an individual net income above $57,879 must repay part or all of the maximum Old Age Security pension amount. The repayment amounts are normally deducted from their monthly payments before they are issued. The full OAS pension is eliminated when a pensioner's net income is $94,148 or above.

Other Benefits

Other benefits available through the Old Age Security Program are:

- **Guaranteed Income Supplement** (GIS)
- **The Allowance** *(formally known as the Spouse's Allowance)*
- **The Allowance for the Survivor** *(formally referred to as the Widowed Spouse's Allowance)*

Guaranteed Income Supplement (GIS) — This benefit is a non-taxable, monthly benefit paid to residents of Canada who receive a basic, full, or partial Old Age Security pension, and who have little or no other income. To determine if you qualify for the GIS, call **1-800-277-9914**. *Remember,*

Don't let arthritis hold you down...

If arthritis is preventing you from doing the things you enjoy most, The Arthritis Society is here to help.

Sign-up for our free Arthritis Registry, and join thousands of Nova Scotians in receiving the latest updates on arthritis treatments, medications and research, as well as information on programs and services available to you.

Call Today!

1.800.321.1433
www.arthritis.ca/novascotia
Hope through education, support & solutions
The Arthritis Society

to receive the GIS you must re-apply each year by filing an income statement or completing an income tax return.

Allowance — This benefit provides a modest income if you have a low income, are 60-64 years old, and are the spouse or common-law partner of an OAS pensioner. The Allowance stops when you become eligible for an Old Age Security pension at age 65, if you leave Canada for more than six months, if there is a change in your marital status, or if you die. *You must re-apply every year for this benefit by filing an income statement or completing an income tax return.*

Allowance for the Survivor — This benefit provides a modest income if you have a low income, are 60-64 years old, and if your spouse or common-law partner has died. The Allowance stops when you become eligible for an Old Age Security pension at age 65, if you leave Canada for more than six months, or if you die.

If your income and/or marital status change, your benefit rate can go up or down, or stop altogether (i.e. you can't qualify if you've remarried or entered a common-law relationship since your partner's death). Remember that you could be entitled to benefits now even if you were turned down in the past. If your benefits are stopped at any point, you should check each year after that to find out if you qualify again. *You must re-apply every year for this benefit.*

Important Notes

- If you or your partner receive the GIS or the Allowance based on "single" status, you must declare both incomes to calculate your eligibility for GIS and the Allowance. Should you not declare your common-law status, future benefits for these and other Government of Canada programs may be affected.
- The GIS or the Allowances are intended for low-income seniors who live in Canada. They must stop if you leave Canada for a period of more than six months, following the month of your departure. When you return to Canada, you can apply to have your benefits restored.
- Your OAS pension, the GIS, and the Allowances are adjusted every three months for inflation. While the OAS pension is a taxable benefit, you are not taxed on the GIS or the Allowances. If you qualify for these benefits you may also be eligible for other programs or benefits offered by the Province of Nova Scotia.

For more information, contact:
Human Resource Development Canada

Toll-free: *(English)*: 1-800-277-9914
Toll-free *(French)*: 1-800-277-9915

Canada Pension Plan (CPP)

This plan offers benefits to people who have contributed to the Canada Pension Plan or to both the Canada Pension Plan and the Quebec Pension Plan. You must apply for these benefits.

COMCARE
HEALTH SERVICES
Services de santé
A Canadian company with over 30 years experience
Home Support Workers
Footcare & Nursing Visits
Hospital Patient Attendants
TAPS cards accepted
Accreditated with the CCHSA
7071 Bayers Road, Halifax
453-0838
purcelld@comcarehealth.ca

The Canada Pension Plan, which began in 1966, provides benefits when a contributor to the plan retires, becomes disabled, or dies. The amount of the benefit depends on the amount of earnings and contributions to the plan. All Canada Pension Plan benefits are paid out of the CPP fund and are subject to income tax.

Retirement Pension — This is a monthly benefit payable to eligible contributors who are 65 years of age or older. If you are 60–64 years of age, you may receive a reduced benefit if you are working part-time or have completely ceased working. This benefit will continue even if you return to work at a later date. Once you begin to receive your retirement pension you must stop contributing to the Canada Pension Plan. When you become 65 years of age you do not need to stop work to receive these retirement pension benefits.

Disability Pension — This is a monthly benefit payable to eligible contributors who are disabled (according to the terms of CPP legislation), who are under the age of 65, and who have made sufficient contributions to the plan. The Disability Pension includes benefits for dependent children of disabled contributors.

Surviving Spouses' Benefit — This is a monthly pension paid to the spouse of a deceased contributor, if that contributor made sufficient contributions to the plan. The amount of the pension is determined by the deceased's contributions to the plan, the age of the surviving spouse at the time of death, whether there are dependent children, or if the surviving spouse is disabled.

Death Benefit — This is a lump-sum benefit paid to the estate of the deceased contributor, if contributions were made to the plan for a minimum qualifying period. *Maximum Benefit:* $2,500.

Childrens' Benefit — This benefit is paid on behalf of the dependent children of a deceased contributor, if the contributions have been made for a minimum qualifying period. This is a flat-rate benefit.

For more information, contact:
Toll-free: *(English)*: 1-800-277-9914
Toll-free *(French)*: 1-800-277-9915

Veterans Affairs Canada

Veterans Affairs Canada provides a variety of income and health-related programs to eligible veterans and certain civilian groups.

For more information, contact:
Toll-free *(English)*: 1-866-522-2122
Toll-free *(French)*: 1-866-522-2022

Veterans Independence Program

The Veterans Independence Program (VIP) helps veterans remain independent in their own homes or communities. It is offered in combination with other federal, provincial, and municipal programs. For more information about what VIP covers, or to determine if you are eligible, contact Veterans Affairs Canada.

For more information, contact:
Toll-free: 1-800-443-0382

Ross Farm Museum

Re-live your memories of rural Nova Scotia during a visit to historic **Ross Farm Museum,** just 15 minutes from Chester Basin on Route 12 in New Ross (Exit 9 off Hwy. 103).

Website: http://museum.gov.ns.ca/musdir/rossfarmmuseum.htm

Provincial Financial Aid Programs

Property Tax Rebate Program

This program, administered by the Department of Community Services, is designed to help eligible seniors remain in their own homes by providing them with an annual rebate on their municipal property taxes.

The program provides eligible homeowners with a 50 percent rebate on the municipal property taxes paid the previous year, up to a maximum of $400 per year. The rebate in 2004 will be for property taxes paid in 2003.

Eligibility

You are eligible to receive the rebate if you meet the following criteria:

- You were receiving either the Guaranteed Income Supplement (GIS) or The Allowance in January of this year. *To find out if you qualify for the GIS or The Allowance, call Human Resources Development Canada at* ***1-800-277-9914****.*
- You are living in your home at the time you apply for the rebate and continue to reside in the home.
- Your 2003 property taxes were paid in full.

Application Process

Previous Applicants — If you received the Property Tax Rebate last year and were in receipt of the Guaranteed Income Supplement or The Allowance in January 2004, an application form will automatically be mailed to you in June. To receive the rebate, simply complete the application form and return it to the Senior Citizens' Financial Aid Program by December 31, 2004.

New Applicants — To determine your eligibility for the rebate, call the Senior Citizens' Financial Aid Program, toll-free, at **1-877-296-9338**. If you are eligible, an application form will be mailed to you in August 2004. To receive the rebate, simply complete the application form and return it to the Senior Citizens' Financial Aid Program by December 31, 2004.

For more information, contact:
Manager, Senior Citizens' Financial Aid Programs
5675 Spring Garden Road
Halifax, NS B3J 1H1

Phone: . . . . . .(902) 424-4500
Toll-free: 1-877-296-9338

Provincial Income Assistance

Funding may be available, on an exceptional basis, to low income seniors who have special needs and no means of paying to have those needs met. To qualify, all other funding sources must be explored including the federal Old Age Security Program and Guaranteed Income Supplement. For more information or to discuss your eligibility, contact the Department of Community Services Field Office nearest you.

Field Offices

Central Region

Cole Harbour . . . . . .(902) 435-7472
Dartmouth (Portland) . .(902) 424-1600
Halifax . . . . . .(902) 424-4150
Sackville . . . . . .(902) 869-3600

Eastern Region

Sydney ..... (902) 563-3300
Glace Bay ..... (902) 842-4000
North Sydney ..... (902) 794-5110
Port Hawkesbury ..... (902) 625-0660

Northern Region

Antigonish ..... (902) 863-3213
Colchester ..... (902) 893-5950
Cumberland ..... (902) 667-3336
Guysborough ..... (902) 533-4007
Pictou ..... (902) 755-7363

Western Region

Annapolis ..... (902) 532-2358
Bridgewater ..... (902) 543-5527
Digby ..... (902) 245-5811
Hants ..... (902) 798-8319
Kings ..... (902) 678-6176
Queens ..... (902) 354-2771
Shelburne ..... (902) 637-2335
Yarmouth ..... (902) 742-0720

Vital Statistics and Proof of Age

Birth, Marriage, and Death Certificates

If you were born in Canada, you may obtain your birth certificate by writing to the Vital Statistics Branch of the province in which you were born. To request marriage, birth, or death certificates within Nova Scotia, contact the Vital Statistics Division of Service Nova Scotia and Municipal Relations. You may go to the Vital Statistics Office in person, or apply in writing.

When you apply for a certificate, you must give the following information: your full name (first, middle, and last); the date and place of the event; and, in the case of birth certificates, your parents' full names (including mother's maiden name) and your father's and mother's birth place. You must also state the reason for your request. The fee for each wallet-sized certificate is $25. Applications may be made on-line using Visa or MasterCard.

If you need additional assistance or if you were NOT born in Canada, the Vital Statistics Office may be able to give you information on where to write for a foreign birth certificate.

For more information, contact:

Service Nova Scotia and
Municipal Relations
Vital Statistics Office
1690 Hollis Street, PO Box 157
Halifax, NS B3J 2M9

Phone *(Halifax)*: ..... (902) 424-4381
Toll-free: 1-877-848-2578
E-mail: vstat@gov.ns.ca
Website: www.gov.ns.ca/snsmr/vstat

Baptismal Certificates

The church where you were baptized may supply you with a baptismal certificate. If you do not know the specific church, write the central office of your religious denomination. They may have duplicate records.

Proof of Age

Many reductions and benefits are available to seniors. To receive them you are expected to prove your age. Many businesses will accept your Old Age Security (OAS) Identification Card, passport, driver's license, or a general photo ID card, such as

the one available from the Registry of Motor Vehicles.

Seniors' Card — OAS

You will receive an Old Age Security (OAS) Identification Card in the mail the same month you receive your first OAS cheque.

For more information, contact:
Human Resources Development Canada

Toll-free *(English)*: 1-800-277-9914
Toll-free *(French)*: 1-800-277-9915

Photo IDs

Service Nova Scotia and Municipal Relations offers an identification card service through its Registry of Motor Vehicles offices and the Access Nova Scotia Centres in Kentville, Dartmouth, Halifax, Sydney, Port Hawkesbury, Antigonish, and Yarmouth. For more information about what is required to obtain a photo ID, please contact the number below.

The fee for the service is $14 and the card is valid for five years.

For more information, contact:
Phone *(Halifax)*: . . . . . (902) 424-5851
Toll-free: 1-800-898-7668

Passports

Your passport can be used for identification purposes (see page 39).

INSIDE-OUT

PROPERTY SERVICES

Taking the hassle out of home ownership

Services we provide

- ✔ **Management of large repair and renovations**
- ✔ **Maintenance of vacant homes and cottages**
- ✔ **Day to day odd jobs**
- ✔ **Furniture assembly**
- ✔ **Home stereo installation**
- ✔ **PC installation & training**

Anything else you need?
Just ask us!
(902) 452-3591

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Taxes

Personal Income Tax

Canadian citizens are required to fill out forms to calculate the amount of taxes they should pay each year. These must be returned to the Canada Customs and Revenue Agency (CCRA), formerly called Revenue Canada.

Depending on your situation and if you filed an income tax return last year, you may receive a personalized income tax package through the mail.

General income tax returns and guides are available from your income tax office or local post office. It is now possible to file your income tax return via the internet.

When calling about your income tax, be sure to have your questions ready and your tax papers handy.

For more information, contact:
Canada Customs and Revenue Agency

Automated Information: .1-800-267-6999
Refund Enquiries: 1-800-959-8281

Income Tax Enquiries: . . .1-800-959-8281
Forms and Publications: .1-800-959-2221
Website: www.ccra-adrc.gc.ca/forms

Caregiver Tax Tips

Seniors are entitled to a number of tax credits including: Basic Personal Credit, Age Credit, Personal Disability Credit, and Credits for Medical Expenses. Caregivers are also entitled to additional tax credits, including: Caregiver Credit, Spousal Credit, Dependent Disability Credit, Spousal Transfer Credit, Eligible Dependent Credit, and Infirm Dependent Credit.

For more information, refer to your tax guide, speak with a financial advisor, or call the Canada Customs and Revenue Agency at **1-800-959-8281**.

GST Credit

The Goods and Services Tax (GST) Credit is designed to offset the cost of the GST for individuals and families with moderate or lower incomes.

To apply, you must file a tax return and complete the Goods and Services Tax Credit information section on Page 1 of your tax return. If you are eligible, you will receive payments in July, October, January, and April. Only one member of each family unit is eligible to apply.

For more information, contact:
Canada Customs and Revenue Agency
Phone: . . . . . .(902) 426-3972
Toll-free: 1-800-959-1953
Website: www.ccra.gc.ca/benefits

Community Volunteer Income Tax Program

If you need help completing your income tax return and have limited income, ask Canada Customs and Revenue Agency for a list of the volunteer tax clinics in your area.

The clinics are offered free of charge throughout Nova Scotia from the end of March to the end of April. If you would like to offer your services as a volunteer, training is provided.

For more information, contact:
Toll-free: 1-800-959-8281

When You Retire

This pamphlet highlights tax topics of importance to retirees. To obtain a copy, call Canada Customs and Revenue Agency at **1-800-959-2221**.

Legal Matters

Nova Scotia Department of Justice

The Department of Justice has a number of resources to help seniors who have been victimized by crime. Victim Services staff are there to help you deal with trauma resulting from a crime. They can help prepare a victim impact statement and provide information to help you understand the criminal justice system.

Victim Services has four regional offices in Dartmouth, Kentville, New Glasgow, and Sydney. Its toll-free number is **1-888-470-0773**.

To help fight fraud against seniors and elder abuse, resource material is available on the internet (see address below).

For more information, contact:
5151 Terminal Road
PO Box 7
Halifax, NS B3J 2L6

Phone: . . . . . .(902) 424-4030
Website: www.gov.ns.ca/just

Legal Information Society of Nova Scotia

The Society helps Nova Scotians find out about the law. Information and resources are available on such topics as wills, family and criminal law, powers of attorney, guardianship, and many other legal topics. The Society also supplies legal pamphlets and operates a speakers bureau.

A *Seniors and the Law* information kit is available for purchase from the society. Single copies of the following pamphlets are available free of charge from either the Society at **454-2198** or Senior Citizens' Secretariat at **1-800-670-0065**. They are also available on the Society's website.

- *Patients' Rights*
- *The Public Trustee*
- *Elder Abuse – The Adult Protection Act*
- *Living Wills*
- *Making a Will*
- *When You Need Help to Manage in Your Home*
- *Collection Agencies*
- *Consumer Reporting Agencies*
- *Guardianship of Adults*
- *Power of Attorney*
- *Homes for Special Care*
- *Common Law*

For more information, contact:
5523B Young Street
Halifax, NS B3K 1Z7

Phone: . . . . . .(902) 454-2198
E-mail: lisns@attcanada.ca
Website: www.legalinfo.org

Legal Information Line and Lawyer Referral Service

The Legal Information Society operates a legal information line and lawyer referral service. Legal information is available Monday to Friday, 10:00 am–3:00 pm and Tuesday and Wednesday, 5:00 pm–7:00 pm, from September till June.

For more information, contact:
Phone: . . . . . .(902) 455-3135
Toll-free: 1-800-665-9779

Dial-A-Law

This service, managed by the Legal Information Society, provides general information, 24 hours a day, on a wide variety of topics using brief tape-recorded messages. Although the service is free, long distance charges apply if you live outside the Halifax calling area. Lawyers throughout the province volunteer their time to review the information to keep it up to date.

To use this service, contact:
Phone: . . . . . .(902) 420-1888

The Law and Older Nova Scotians

This publication, published by Canadian Pensioners Concerned (CPC), is a handbook of federal and Nova Scotia law and other related issues of interest and importance to Nova Scotia seniors.

For more information, contact:
Joan Lay, President, CPC
2615 Northwood Terrace
Rooms 721/722, Northwood Manor
Halifax, NS B3K 3S5

Phone: . . . . . .(902) 455-7684
(902) 477-5151
E-mail: cpc@ns.sympatico.ca

Website: www3.ns.sympatico.ca/cpc

Public Trustee

The Public Trustee is a lawyer named by the provincial government to help adults and children who are unable to look after their financial affairs. The Public Trustee serves several functions, including:

- Managing the estates of people who need someone they can trust to handle their finances. In some cases the Public Trustee will help locate a friend or relative willing to act on an individual's behalf. In other cases, the Public Trustee may decide it is appropriate for a bank or trust company to handle their affairs.
- Administering the estates of a person who has died without leaving a will or where there is a will but the executors or next of kin cannot or will not act.
- Consenting to medical or surgical treatment of a mentally incompetent hospital patient when consent cannot be obtained from the patient's guardian, spouse, or next-of-kin

Fees for services are based on a percentage of the value of a person's estate. There is a minimum fee of $100 a year.

For more information, contact:
Public Trustee of Nova Scotia
PO Box 685
5151 Terminal Road, Suite 201
Halifax, NS B3J 2T2

Phone: . . . . . .(902) 424-7760

Finding a Lawyer

Lawyers are listed in the yellow pages of the phone book in alphabetical order and under areas of practice.

Nova Scotia Legal Aid

Legal aid may be granted to a person on social assistance or in an equivalent financial position where there is merit in providing legal assistance in certain areas of family and criminal law. There are 13 regional offices and three sub-offices in the province. For the Nova Scotia Legal Aid Office nearest you, refer to the government section of your telephone directory, under the heading of Legal Aid.

For more information, contact:
Office of the Executive Director
401-5475 Spring Garden Road
Halifax NS B3J 3T2

Phone: . . . . . .(902) 420-6573
E-mail: nsla.exec@ns.sympatico.ca
Website: www.gov.ns.ca/just/legad.htm

Dalhousie Legal Aid

Dalhousie Legal Aid provides legal services to clients in the Halifax/Dartmouth metropolitan area who fall within its financial and case eligibility requirements. Dalhousie Legal Aid is affiliated with the law school of Dalhousie University.

For information contact:
Reception, 2209 Gottingen Street
Halifax, NS B3K 3B5

Phone: . . . . . .(902) 423-8105

Small Claims Court

This court provides a quick, informal, and cost-effective method for deciding claims up to $10,000 (not including interest). If you are making a claim, neither you nor the person whom the claim is against will need a lawyer. Small Claims Court is less formal than other courts. The case is heard by an adjudicator, not a judge. The adjudicator is a lawyer. Small Claims Court is usually held in the evenings.

You can make a claim for up to $10,000 or for the return of goods valued up to $10,000. If your claim is for more than that, you can forego the extra and claim for $10,000. You cannot use this court for matters dealing with ownership of land, wills, landlord and tenant disputes, or for malicious prosecution, false imprisonment, or defamation (libel and slander). To start an action, you need to file a *Notice of Claim*. This form is available from the Small Claims Court. Fees range from $75 to $150 depending on the amount and type of your claim.

Contact the clerk of the Small Claims Court nearest you for more information. Look for the telephone number in the government section of your telephone directory, under the heading of Courts.

Human Rights

Nova Scotia Human Rights Commission

The Commission is an independent government body charged with the administration of the province's Human Rights Act which protects Nova Scotians from discrimination.

The Commission's services include:

- Providing free information, on a confidential basis, to people who believe they may have experienced discrimination.
- Investigating complaints of discrimination.
- Providing education and information programs on diversity and stopping sexual harassment.
- Consulting with organizations to help them set up their own policies and programs.

The Commission has offices in Halifax, Sydney, Digby, and New Glasgow.

For more information, contact:
6th Floor, Joseph Howe Building
1690 Hollis Street
PO Box 2221
Halifax, NS B3J 3C4

Phone: . . . . . .(902) 424-4111
Toll-free 1-877-269-7699
E-mail: hrcinquiries@gov.ns.ca
Website: www.gov.ns.ca/humanrights

Consumer Information and Complaints

Reverse Mortgages

A reverse mortgage allows a homeowner to gain income by taking out a loan against their home. The amount available to you depends on your age, your spouse's age, and the location and type of your home.

There may be benefits to getting a reverse mortgage, but it does suit all personal and financial situations. The Senior Citizens' Secretariat has a collection of resources that will further your understanding of reverse mortgages. This will help you decide if a reverse mortgage is right for you.

To obtain a copy of the reverse mortgage information package, contact the Senior Citizens' Secretariat at **1-800-670-0065**.

Canadian Home Income Plan (CHIP)

Canadian Home Income Plan (CHIP) provides reverse mortgages to Canadian seniors. If you are 62 or older and own your home, you may be eligible to get a reverse mortgage through designated

Canadian banks or investment and financial planning firms.

For more information, contact:
Canadian Home Income Plan
45 St. Clair Avenue West, Suite 600
Toronto, ON M4V 1K9

Toll-free: 1-888-522-2447

Better Business Bureau of the Maritime Provinces Inc.

The Bureau receives, investigates, and acts upon valid complaints about improper advertising and selling of merchandise and services. It will give you information on the business practices of companies that deal with the public. Their CAMVAP program helps consumers resolve disputes with automobile manufacturers. You can also ask for educational materials and information about the marketplace.
Hotline hours: Weekdays, 10:00 am–3:00 pm.
Office hours: 8:30 am–4:30 pm.

For more information, contact:
Shirley Anne Booth
1888 Brunswick Street, Suite 805
Halifax, NS B3J 3J8

BBB Online *(24-hour automated voice response system):*

Phone *(Inquiries)*: . . . . . (902) 422-6581
Phone *(Complaints)*: . . . . (902) 422-6582
Phone: . . . . . .(902) 422-6583
(Charity and False Advertising Inquiries)
E-mail: bbbmp@bbbmp.ca
Website: www.bbbmp.ca

Concerns about Businesses

If you are concerned that the person or business you are dealing with is not licensed or providing adequate service, contact Service Nova Scotia and Municipal Relations.

This government department is responsible for examining and licensing many business people, including collection agencies, cemetery and funeral services, direct sellers, and mortgage brokers and lenders.

Consumer complaints about the practices of licensed individuals are carefully investigated, particularly those related to trust monies.

For more information, contact:
Phone *(Halifax)*: . . . . . (902) 424-5200
Toll-free: 1-800-670-4357

Concerns about Financial Institutions and Revenue

If you are concerned about the business practices of financial institutions such as trust and loan companies, credit unions, and insurance companies or agents, contact the Department of Environment and Labour, Financial Institution Division.

For more information, contact:
Phone: . . . . . .(902) 424-6331
Toll-free: 1-800-670-4357
Website:
www.gov.ns.ca/enla/fin/fininst.htm

Concerns About Investments

The Nova Scotia Securities Commission protects investors from practices and activities that tend to undermine their confidence in the fairness and efficiency of securities markets. The Commission also fosters the process of capital formation in situations that are not inconsistent with an adequate level of investor protection.

Call the Commission for a free copy of the brochure, *Protecting Your Finances: How To Avoid Investment Fraud and Scams.*

Some of Your Government Representatives

Geoff Regan MP

Halifax West

1496 Bedford Highway
Suite 222, Bedford, N.S.
B4A 1E5

Ph. (902) 426-2217
Fax (902) 426-8339

Email: regan.g@parl.gc.ca
www.geoffregan.com

Wendy Lill, MP

Dartmouth

177 Main Street, Ste 101
Dartmouth NS
B2X 1S1

Ph 902-426-2626
Fax 902-426-2684

E-mail: lillw1@parl.gc.ca

ERNEST L. FAGE MLA

Cumberland North

"Working With You"

103 South Albion St.
Amherst, N.S. B4H 2X2

Phone 667-2332
Fax 667-1520

Email: elf@ns.sympatico.ca

Gordie Gosse MLA

Serving Cape Breton Nova

758 Victoria Road, Sydney, N.S. B1N 1J6

E-Mail: gordiegosse@ns.aliantzinc.ca

Ph: (902) 564 9161
Fax: (902) 564 9975

Mark Parent MLA

Kings North

"Listening to your concerns."

Ph. 902-678-2730 • Fax 902-678-4236

Marilyn More MLA

Dartmouth South Portland Valley

135 Portland Street, Dartmouth,
Nova Scotia B2Y 1H9

phone: 463-6673 fax 463-4973
marilynmoremla@ns.aliantzinc.ca

Cecil Clarke MLA

Cape Breton North

794-4060

For assistance contact or visit our office:
176 Commercial St., North Sydney

John Chataway MLA

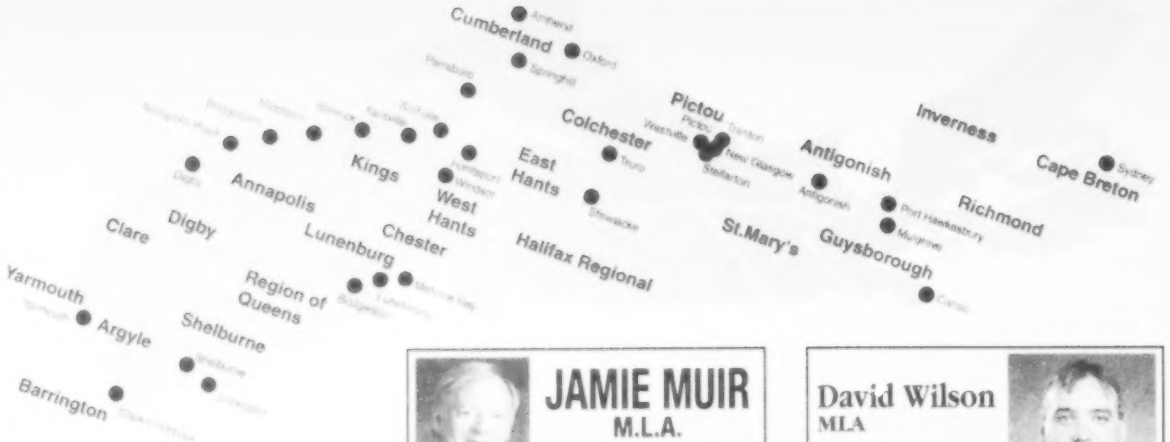
Chester - St. Margaret's

Constituency Office:
76 Highway #3, Hubbards
9:00am - 2:00pm
Monday - Friday

Ph. 857-5646
Fax 857-5648
Toll Free 1-877-762-2886

Email: chatawaymla@hfx.eastlink.ca

Some of Your Government Representatives



JAMIE MUIR
M.L.A.

Representing Bible Hill, Millbrook, Salmon River and Truro

Office Hours: Monday-Thursday
8:30am - 1:00pm
2:00pm - 4:30 pm

28A Esplanade (Truro Centre)
Truro, NS B2N 2K3

893-8679

David Wilson
MLA

Serving Sackville-Cobequid

51 Cobequid Road, Suite 105
Lower Sackville, N.S. B4C 2N1

Ph: 864 0396
Fax: 864 8409

E-Mail davidawilsonmla@eastlink.ca

Carolyn Bolivar-Getson
Serving Lunenburg West

410 King Street,
Bridgewater, N.S. B4V 1A9
Ph. 902 530 0001
Fax: 902 530 0004
E-mail: bolivargetson@eastlink.ca

RODGER CUZNER, MP
Serving the people of Bras d'Or Cape Breton

78 Commercial St.
Dominion, NS

TEL: 842-9763
FAX: 842-9025
TOLL FREE: 1-866-282-0699

170 Water Street
Shelburne, N.S.
B0T 1W0
Ph: 902 875 3922
Fax: 902 875 3872
E-Mail:
codonnellmla@ns.sympatico.ca

Cecil O'Donnell MLA
Serving Shelburne

Murray Scott MLA
Serving Cumberland South

6 McFarlane Street
Springhill, N.S.
B0M 1X0
Ph: 902 597 1998
Fax 902 597 8080
E-Mail: murrayscottmla@eastlink.ca

Joan Massey
MLA
Dartmouth East

#303 - 63 Tacoma Drive
Dartmouth, NS B2W 3E7

Phone: 464-3805
Fax: 462-8675

Email: joanmasseymla@ns.aliantzinc.ca

ROBERT THIBAULT MP
Serving West Nova

1-349 Main Street
Middleton, Nova Scotia.
Ph: 902 825 2320
Fax 902 825 3475

3 Lovitt Street, Suite 101
Yarmouth, N.S.
Ph: 902 742 6808
Fax 902 742 6815

Toll free: 1 866 280 5302

For more information, contact:
Nova Scotia Securities Commission
Joseph Howe Building
2nd Floor, 1690 Hollis Street
PO Box 458, Halifax, NS B3J 2P8

Phone: . . . . . .(902) 424-7768
Website: www.gov.ns.ca/nssc

Debtor Assistance

This service provides financial counselling and assistance through legal options under the Bankruptcy and Insolvency Act. These programs may provide you with flexibility in restructuring and repaying your debt.

For more information, contact:
Service Nova Scotia and
Municipal Relations

Phone: . . . . . .(902) 424-5200
Toll-free: 1-800-670-4357
Website: www.gov.ns.ca/snsmr

Nova Scotia Office of the Ombudsman

The office of the Ombudsman provides an independent, impartial, and unbiased investigation into complaints against provincial and municipal government departments, agencies, and officials. Individuals are encouraged to contact this office after you have advised the government body of your concerns and have not been able to have the complaint resolved.

For more information, contact:
PO Box 2152
Halifax, NS B3J 3B7

Phone: . . . . . .(902) 424-6780
Toll-free: 1-800-670-1111

This fall get your flu shot!

Residential Tenancies and Condominiums

Tenancy complaints between landlords and tenants are mediated by staff at Service Nova Scotia and Municipal Relations. Issues dealt with may involve the return of security deposits, unpaid rent, the condition of an apartment, discontinuance of services, or other problems. Call today for information or a copy of the *Tenancy Guide*—an easy-to-use guide for landlords and tenants that covers questions about renting residential properties.

Condominiums are also registered with the department. If you have a concern about the declaration, by-laws, and rules governing your condominium unit, contact the department for assistance.

For more information, contact:
Service Nova Scotia and
Municipal Relations

Phone: . . . . . .(902) 424-5200
Toll-free: 1-800-670-4357
Website:
www.gov.ns.ca/snsmr/consumer/resten

Insurance

Overview

Hints for Consumers — Because of the importance of insurance in our lives, before you purchase insurance, it would be wise to consult with a qualified insurance agent or broker who is able to assess your needs and give you advice on how to meet those needs. Regardless of the type of insurance you are purchasing, it can pay to shop around. Obtain quotations from a number of insurance providers and compare both the coverage and the price.

Life Insurance — For many people, the major obstacle to purchasing life insurance is the existence of medical problems. In some cases, seniors have health conditions that would result in denial of application for life insurance. Some companies will issue policies with a moderate amount of life insurance, say $25,000, to anyone, regardless of health conditions.

Home Insurance — Seniors who own homes or condominiums or who live in rented premises should have their property insured.

Automobile Insurance — Contact the Senior Citizens' Secretariat at **1-800-670-0065**, for brochures about auto insurance.

Health Insurance — Health insurance plans cover some of the health benefits not provided by your provincial health care program, such as semi-private hospital rooms, ambulance benefits, and vision care. Dental insurance is also available.

Travel Health Insurance — Travellers would be wise to purchase travel health insurance if they are leaving Canada—even for just a few hours. You may even consider purchasing it when you travel to another province, since some health services, such as ambulance fees, are not covered when you are there. Travel health insurance policies are available from a number of sources, including insurance agents or brokers and travel agents.

Insurance Providers

Refer to the yellow pages of your telephone directory for local information on insurance providers.

Cancer of the cervix can be prevented.
A regular Pap test could save your life!

Office of the Superintendent of Insurance

This office supervises the business of insurance in the province and enforces the Insurance Act. It licenses all insurers operating in the province and all insurance agents/brokers, agencies, and adjusters. The Superintendent has the authority to take disciplinary actions if the Act is not followed.

The Office responds to complaints, inquiries, or information about insurance matters, but does not settle insurance claims.

Also available from the Office is a copy of the brochure, *A Consumer's Guide to Buying Auto Insurance*.

For more information, contact:
PO Box 2271
Halifax, NS B3J 3C8

Phone: . . . . . .(902) 424-6331
E-mail: fininst@gov.ns.ca

Consumer Advocate for Auto Insurance

The Consumer Advocate listens to the concerns of individuals and groups regarding automobile insurance. This public input is used to develop policies that will allow the insurance industry to better meet the needs of consumers.

For more information contact:
George Jordan
Consumer Advocate
Environment and Labour

Phone: . . . . . .(902) 424-2794
Toll-free: 1-800-898-7668
E-mail: jordangw@gov.ns.ca

Insurance Bureau of Canada (IBC)

IBC is the national trade association of insurance companies. Its members insure the homes, cars, and businesses of Canadians.

For more information, contact:
IBC Atlantic Regional Office
1969 Upper Water Street, Suite 1706
Halifax, NS B3J 3R7

Phone: . . . . . .(902) 429-2730 ext. 227
Toll-free: 1-800-565-7189
Website: www.ibc.ca

Canadian Life and Health Insurance Association

This association represents the collective interests of insurance companies whose members provide life and health insurance. Contact the Association's Consumer Assistance Centre for information and brochures. The Centre can also help you resolve concerns and complaints or help you locate the lost policies of a recently deceased family member.

For more information, contact:
Toll-free: 1-800-268-8099
E-mail: CAC@clhia.ca
Website: www.clhia.ca

Elder Abuse

Elder abuse is any action or inaction that threatens the health or well-being of a senior. This includes all types of abuse such as physical, sexual, emotional and financial abuse as well as neglect and self-neglect. Abuse can occur in a family home, hospital, nursing home, or anywhere in the community. If you or someone you know has been abused there are people and organizations who can help, including the following:

Senior Citizens' Secretariat — For information about programs and services relating to elder abuse or advice about who to contact for help, call the Secretariat toll-free at **1-800-670-0065**.

Police — Abuse is a crime and may fall under the Criminal Code. If you know of a senior who you suspect is being abused, it is your duty to report it. If the situation is an emergency or if it could be dangerous, call **911**.

Adult Protection — In Nova Scotia the Adult Protection Act protects vulnerable adults from abuse and neglect. More information about adult protection is featured on page 104. For more information or to make a referral, call the toll-free Continuing Care Line at **1-800-225-7225**.

Help Lines (see page 23).

Senior Support Network

The Network is a peer support program of the VON Annapolis Valley Branch. It provides ongoing support, advocacy and information to older persons who have been mistreated or neglected by another person or victimized by a crime such as fraud, robbery, or assault.

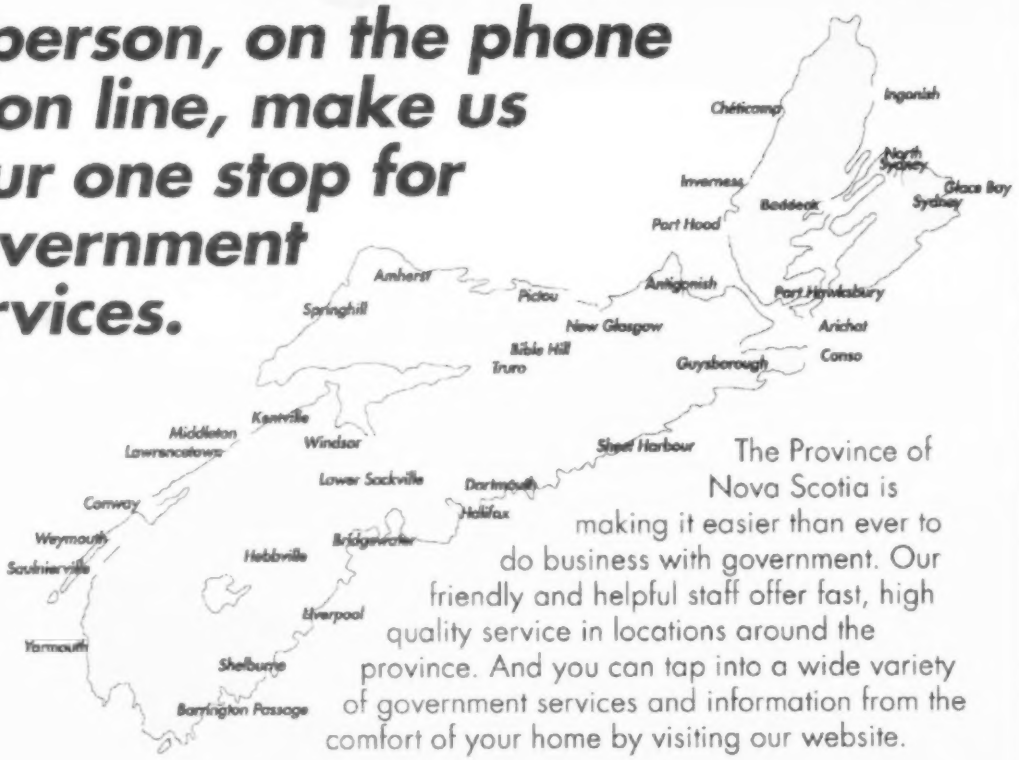
It serves residents of Kings County and is coordinated by a registered social worker and supported by a group of trained volunteers. Education sessions on abuse and neglect are also offered. Contact the Network for help, information, or to offer your services as a volunteer.

For more information, contact:
Phone: . . . . . .(902) 690-2123
Toll-free: 1-800-494-6135
E-mail: seniorsupport@vonannvalley.ns.ca

Nova Scotia
and Municipal Relations

We're Serving You Better

In person, on the phone or on line, make us your one stop for Government Services.



The Province of Nova Scotia is making it easier than ever to do business with government. Our friendly and helpful staff offer fast, high quality service in locations around the province. And you can tap into a wide variety of government services and information from the comfort of your home by visiting our website.

- Residential Tenancies
- Debtor Assistance
- Consumer Information
- Express Service Kiosks
- Veteran Licence Plates
- Property Assessment
- Driver Licensing
- Vehicle Registration
- Photo IDs
- Birth, Marriage and Death Certificates

Call us or visit our web site to find the location nearest to you.

General Enquiries
424-5200 (Metro)
1-800-225-8227 (toll-free)

Registry of Motor Vehicles
424-5851 (Metro)
1-800-898-7668 (toll-free)

www.servicens.ca

NOVA SCOTIA
Service Nova Scotia
and Municipal Relations
Service is our Business.

Criminal Injuries Counselling Program

If you have been the victim of a violent crime (including home invasion) in Nova Scotia, you may be eligible for paid professional counselling services to help you deal with the trauma resulting from the crime.

For more information, contact:
Department of Justice
Policing and Victim Services Division

Phone: . . . . . .(902) 424-2056
Toll-free: 1-888-470-0773
E-mail: vicserv@gov.ns.ca

Victim Services

See page 63 for information about this service that helps individuals victimized by crime.

Safety and Fraud Prevention

Senior Citizens' Secretariat

A big issue for many seniors is safety — both physical and financial. Many organizations are available to help keep you safe but your best defence is your own common sense and knowledge about how to protect yourself.

The Senior Citizens' Secretariat has many brochures and videos on seniors' safety. For more information call the Secretariat at **1-800-670-0065**.

• Elder Law • Wills • Power of Attorney • Living Wills • Joint Bank Account Agreements • Probate

SHARON E. REASHORE
Barrister & Solicitor

202 Brownlow Ave.
Cambridge Two
Suite 102
Dartmouth, NS
B3B 1T5

Phone: (902) 468-7528
Fax: (902) 468-1046

email:
reashore@nselderlaw.ca

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ABCs of FRAUD

(Scotiabank Fraud Awareness Program)

Consumer fraud, the #1 crime against seniors, can create serious health and financial problems. Public awareness is the most effective defence.

Canadian Pensioners Concerned offers the *ABCs of Fraud* program. This program is an educational and interactive mix of presentations, skits, exercises and discussions to help you to recognize potential frauds and learn effective ways to protect yourself.

To arrange a free presentation for your group, please contact **455-7684** or **454-7989** or
e-mail: cpc@ns.sympatico.ca

Partners Against Crime and Theft (PACT)

This program, sponsored by a partnership of government and non-government organizations, addresses the problem of fraud and other thefts.

PACT focuses on educating seniors about telefraud and thefts. It also suggests ways to report suspected fraudulent activities. Victims of telemarketing fraud in Nova Scotia lose more than $4,000 per incident. Many of these victims are seniors.

If you think you have been approached by a telemarketing fraud firm or feel you may be a victim, call:

- **Your local police service**
- **Better Business Bureau of Nova Scotia**
  Toll-free: 1-800-422-5413

- **PhoneBusters**

  Toll-free: 1-888-495-8501

For a copy of PACT's information brochure, call the Senior Citizens' Secretariat, at **1-800-670-0065.**

RCMP Seniors' Safety Program

This program invites you to talk to an RCMP representative in your own home about your safety concerns. It is a way for seniors and the RCMP to work together to help prevent crime and keep communities safe.

The program provides information on personal safety and household security, consumer frauds and scams, health and medication safety, and general information about the legal system. The program is free of charge.

For more information, contact:

RCMP "H" Division
Sergeant Dale McLeod, Community Policing
PO Box 2286, 3139 Oxford Street
Halifax, NS B3J 3E1
Phone: . . . . . .(902) 426-7075
E-mail: dale.mcleod@rcmp-grc.ca

Annapolis County RCMP
Sharon Elliott
Bridgetown, NS
Phone: . . . . . .(902) 665-4481
(902) 825-2000
(902) 638-8825

Antigonish RCMP
Kim Timmons
Antigonish, NS
Phone: . . . . . .(902) 863-6500

Digby RCMP
Brenda Lewis
Digby NS
Phone: . . . . . .(902) 245-2579

Enfield RCMP
Dolly Mosher
Enfield, NS
Phone: . . . . . .(902) 883-1569

Fall River RCMP
Stuart Hogg
Fall River, NS
Phone: . . . . . .(902) 860-4362

Pictou County RCMP
Barbara Dewtie
Stellarton, NS
Phone: . . . . . .(902) 396-3855

Queens County RCMP
Dale Saulnier
Liverpool, NS
Phone: . . . . . .(902) 354-5721

Windsor RCMP
Bonnie Cookson
Windsor, NS
Phone: . . . . . .(902) 798-2207

Highway Help Program

The Canadian Association of Chiefs of Police have created a program to ensure highway safety. *Call Police* signs hook onto car windows, making them visible to passing motorists. Their purpose is to alert other drivers that help is needed and to call the police. Once the police are notified, an officer will be dispatched to assist the stranded driver. This system prevents drivers from having to leave their vehicle, especially in unsafe weather conditions.

Call Police signs are available at Canadian Tire Stores.

For more information, contact:
Toll-free: 1-888-466-5486
Website: www.highwayhelp.org

Safely Home – Alzheimer Wandering Registry

The Alzheimer Society of Canada, in cooperation with the RCMP and local police, offers a program to ensure those with Alzheimer's, who may wander away from home, are returned safely.

After the completion of the program's registration form and payment of a $25 registration fee, the participant will receive a bracelet, ID card, and a caregiver handbook.

For more information contact:
Alzheimer Society of Nova Scotia

Phone: . . . . . .(902) 422-7961
Toll-free: 1-800-616-8816

Telephone Contact Programs

Telephone contact programs are available in various Nova Scotia communities to ensure seniors who live alone have regular contact with others. If you would like to participate, contact the program nearest you.

Seniors Check-In Program
(Bridgewater)

This new service is just getting underway.

For more information, contact:
Constable Rob Lewis
Bridgewater RCMP

Phone: . . . . . .(902) 527-5555

Senior Contact Program
(Cape Breton Regional Municipality)

This service provides regular telephone contact with participants on mutually agreed upon days and at predetermined times. It is available to seniors and disabled residents of Cape Breton.

For more information, contact:
Cape Breton Regional Police Service
Whitney Pier Community Office

Phone: . . . . . .(902) 564-8416

Northwood Telecare
(Halifax Regional Municipality)

This service offers a reassuring daily phone call to seniors or medically-at-risk people who live alone. If there is a problem, a family member or friend can be notified.

For more information, contact:
Phone: . . . . . .(902) 421-6387

Personal Emergency Response Systems

A personal emergency response system allows seniors immediate, 24 hour access to emergency help at the touch of a button. It also allows seniors' families and friends to be reassured by knowing their loved ones are safe. There are several emergency response systems to choose from and fees for the systems average $1 a day.

For more information about the emergency response systems available in the marketplace, contact the organizations below:

Northwood Lifeline
Phone: . . . . . .(902) 492-3346
Toll-free: 1-800-461-3346

Cape Support Systems Inc.
Phone: . . . . . .(902) 563-4020
Toll-free: 1-800-0565-9135

Family 1st Medical
Toll-free: 1-800-565-2021

Medic Aid Response Systems
Phone: . . . . . .(902) 454-8877
Toll-free: 1-800-565-9135

Emergency Medical Information

Vial of Life

The *Vial of Life* provides emergency medical personnel with vital and perhaps life-saving medical information about you if they are called your home and find you unconscious or very ill.

The vial is a small plastic container. It contains a specially designed form on which you record medical information such as your name, medical history, allergies, medications, blood type, and a contact person. The vial is kept inside your fridge and a *Vial of Life* magnet is placed on the outside of your fridge to alert emergency personnel to your vial.

Thanks to the efforts of local sponsors, the *Vial of Life* kits are now available free of charge in many communities. To find out who to contact in your area, call the Senior Citizens' Secretariat at **1-800-670-0065**.

MedicAlert and Canadian MedicAlert Foundation

MedicAlert gives first-responders and health-care professionals instant access to a member's personal and medical information in an emergency.

The medical identification service offers you the following items: a customized bracelet or necklet inscribed with your ID number; a 24-hour emergency hotline available in over 100 languages, anywhere

NORTHWOOD

For over 40 years, a name you know and trust

But did you know...

We offer ***affordable living*** within an ***independent or enriched apartment*** setting.

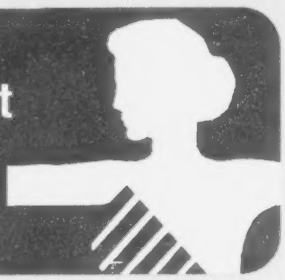
We're also a Community Centre with over 30 regularly scheduled programs and many special events geared to the active older adult.

We're Lifeline, a provincial service providing peace of mind to over 2,400 older adults and people at risk living in Nova Scotia through a personal emergency response service.

We're Telecare offering a free daily call of assurance to older adults who live alone in the community.

Call us for more information 454-8311

The Nova Scotia Breast Screening Program



- A quality province wide health service
- Accredited mammography sites
- Self Referral for women over 40 with no breast problems
- Automatic reminder notices
- Patient navigation

Guidelines for mammography screening

Under Age 40	-Not usually appropriate
Ages 40-49	-Annual screening
Ages 50 and older	-Screening every 2 years if in good health

"REGULAR"

Breast screening by mammography makes early detection of breast cancer possible.

"Make an Appointment for Your Health"

Halifax Clinic 473-3960
Dartmouth General Hospital
Mobile Van 1-800-565-0548

NOVA SCOTIA

00183396

in the world; a computerized member record; and a wallet card.

MedicAlert cannot be purchased in retail outlets. Enrollment forms can be found in doctor's offices, clinics, pharmacies, and hospitals, or on the MedicAlert website. You can also call the national office and enroll by phone.

For more information, contact:
Canadian MedicAlert Foundation
2005 Sheppard Avenue East, Suite 800
Toronto, Ontario M2J 5B4

Toll-free: 1-800-668-1507
E-mail: meinco@medicalert.ca
Website: www.medicalert.ca

Nova Scotia Emergency Measures Organization

This government agency is responsible for providing a prompt and coordinated response to emergencies. Seniors may be interested in the following self-help brochures designed to help them prepare for emergencies:

- *Be Prepared Not Scared*
- *Floods ... What to Do Before and After*
- *Winter Power Failures*
- *Severe Storms*
- *Prepared for the Woods*
- *Winter Driving ...You, Your Car and Winter Storms*

For more information, contact:
PO Box 2581
Halifax, NS B3J 3N5

Phone: . . . . . .(902) 424-5620
Website: www.gov.ns.ca/emo

Housing

Various government departments and the private sector are involved in the provision of housing and care for seniors. Information on specific types of housing can be found elsewhere in *Programs for Seniors*. Just turn to the page numbers listed below.

Housing and Care Options for Seniors

Page No.	Type of Housing or Care Facility	Description
80	Houses, Condominiums, and Apartments	Personal dwellings that are available for purchase or rent in the private market.
80	Co-operative Housing	Housing units generally owned by a not-for-profit community group that has incorporated to provide housing for its members.
	Public Non-Profit Housing	
80	Seniors Self-Contained Apartments	Affordable apartment style rental units for low income seniors and other individuals in need.
80	Congregate Housing/ Supportive Housing	Seniors apartment buildings with a live-in attendant who provides residents with some assistance or referrals.
80	Enriched Housing Projects	Apartment-style rental units for low-income seniors which are connected directly to nursing homes. Residents are able to purchase the support services they need such as meals, housekeeping, laundry, personal care, etc.
81	Retirement Homes – Assisted Living Facilities	Privately-owned facilities designed to meet the needs of independent seniors who require accommodation and access to services such as meals, housekeeping, laundry service, care assistance, recreation programs, and fitness facilities. These homes are not licensed to provide care.
83	Boarding Homes	Private homes providing accommodation, meals, and some support services to seniors. These homes are not licensed to provide care.
99	Community Based Options for Seniors	Homes approved by the Department of Health to provide accommodation and Level 1 care* for one to three seniors.
99	Residential Care Facilities	Licensed facilities providing accommodation and Level 1 care* to four or more persons.
99	Nursing Homes	Licensed facilities providing accommodation and primarily Level 2 care** for one or more persons.

* *Level 1 Care:* For those who need some supervision and limited help with personal care.

** *Level 2 Care:* For those who require help with personal care and professional nursing care.

Houses, Condominiums, and Apartments

A variety of housing options for seniors are available for purchase or rent in the private market. See page 70 for information about tenancy complaints or concerns about condominiums.

Co-operative Housing

A co-operative housing complex is generally owned by a not-for-profit community group that has incorporated to provide housing for its members.

For more information, contact:
Co-operative Housing Foundation of Canada
Nova Scotia Office
1099 Marginal Road, Suite 201
Halifax, NS B4E 4P7

Phone: . . . . . .(902) 423-7119
Toll-free: 1-866-213-2667
Website: www.chfc.ca

Public Non-Profit Housing

Information about seniors self-contained apartments, congregate housing/supportive housing, and enriched housing is available from your local housing authority. See listing on this page.

Seniors' Self-Contained Apartments

These apartment style rental units, located throughout Nova Scotia, have affordable rental rates for seniors and individuals in need. Some apartments are designed for those with physical disabilities. Rent is based on an established graduated income rental scale. For a list of these apartment buildings call your local housing authority listed below or the Senior Citizens' Secretariat at 1-800-670-0065.

Congregate Housing/ Supportive Housing

These seniors apartment buildings have a live-in attendant who provides residents with some assistance or referrals. For a list of these complexes, call your local housing authority listed below or the Senior Citizens' Secretariat at 1-800-670-0065.

Enriched Housing

These apartment style rental units are connected directly to nursing homes. Residents are able to purchase the support services they need such as meals, housekeeping, laundry, personal care, etc. For a list of these complexes, call your local housing authority listed below.

Housing Authorities

Annapolis Valley Housing Authority
1005 Kentucky Court
New Minas, NS B4N 4N1

Phone: . . . . . .(902) 681-3179
Toll-free: 1-800-441-0447

Cape Breton Island Housing Authority
18 Dolbin Street
PO Box 1372
Sydney, NS B1P 6K3

Phone: . . . . . .(902) 539-8520
Toll-free: 1-800-565-3135

Cobequid Housing Authority
144 Victoria Street East
PO Box 753
Amherst, NS B4H 4B9

Phone: . . . . . .(902) 667-8757
Toll-free: 1-800-939-3996

Eastern Mainland Housing Authority
176 Archimedes Street
PO Box 116
New Glasgow, NS B2H 5E1

Phone: . . . . . .(902) 752-1225
Toll-free: 1-800-933-2101

Metropolitan Housing Authority
3700 Kempt Road
Halifax, NS B3K 4X8

Phone: . . . . . .(902) 420-6000
Toll-free: 1-800-565-8859

South Shore Housing Authority
821 King Street, Suite 4
Bridgewater, NS B4V 1B7

Phone: . . . . . .(902) 543-8200
Toll-free: 1-888-845-7208

Tri County Housing Authority
368 Main Street, Suite 206
Yarmouth, NS B5A 1E9

Phone: . . . . . .(902) 742-4369
Toll-free: 1-800-306-3331

Retirement Homes/ Assisted Living Facilities

These privately owned facilities are designed to meet the needs of independent seniors who require accommodations and access to services such as meals, housekeeping, laundry service, care assistance, recreation programs, and fitness facilities. The homes are not licensed to provide care. Accommodation and service fees vary.

This fall get your flu shot!

The Berkeley
(Halifax, Dartmouth, Bedford)

For more information, contact:

The Berkeley Halifax
Green Street
Phone: . . . . . .(902) 429-2222

The Berkeley Dartmouth
Eisner Boulevard
Phone: . . . . . .(902) 434-9415

The Berkeley Bedford
Convoy Run
Phone: . . . . . .(902) 835-6222

Gladys M. Manning Retirement Community
(Windsor)

For more information, contact:
530 College Road
Windsor, NS B0N 2T0
Phone: . . . . . .(902) 798-0441
Email: spencerhome@health.nb.ca

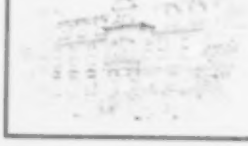
Kingsway Gardens Retirement Residence
(Windsor)

For more information, contact:
Phone: . . . . . .(902) 798-5075

VICTORIA HALL

A gracious residence for senior women since 1860.

Residents remain active and independent in an historic, home-like setting. We have three floors of single rooms which are furnished by the residents and accessible by elevator. Room, board, staff support, laundry service, and activities are available at an affordable rate. Short term visits at a per diem rate are also available.



Contact:
422-3969

0018397A

Toll-free: 1-877-898-2122
Email: kingsway.gardens@ns.synpatico.ca
Website: www.kingswaygardens.ns.ca

Kingswood Residence
(Halifax)

for more information, contact:
Phone: . . . . . .(902) 835-4998
Email: kconeca@aol.com
Contact: Kris and Mariola Ganski

Melville Heights
(Halifax)

For more information, contact:
24 Ramsgate Lane
Halifax, NS B3P 2R6

Phone: . . . . . .(902) 477-3313

Northwood
(Halifax)

- Northwood Apartments – offers independent living apartments
- Northwood Assisted Living
- Northwood Enriched Living
- Special Needs of Deaf Seniors (see page 26)

For more information, contact:
Northwood Resident Services

Phone: . . . . . .(902)454-3356

Orchard View Apartments
(Berwick)

c/o Grand View Manor
110-A Commercial Street
Berwick, NS B0P 1E0

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OSTOMY

DAILY LIVING
PAIN THERAPY
RESPIRATORY

WALKING ASSIST
BATHROOM SAFETY
... and more!

Phone: . . . . . .(902) 538-3118

Williston House
(Sydney)
65 Churchill Drive
Sydney, NS

Phone: . . . . . .(902) 539-5267
E-mail: dmacneil@coveguesthome.com
Website: www.coveguesthome.com

Parkland Estates
(Halifax, Truro)

For more information, contact:

Halifax - Clayton Park West
Phone: . . . . . .(902) 457-0234

Truro – Young Street
Phone: . . . . . .(902) 860-1800

Victoria Hall
(Halifax)

For more information, contact:
Administrator
2438 Gottingen Street
Halifax, NS B3K 3B9

Phone: . . . . . .(902) 422-3969
Website: www.victoriahall.ca

Boarding Homes

These private homes provide accommodation, meals, and support services to seniors. They are not licensed to provide care and are unregulated. Before deciding if one of these facilities is right for you, consider visiting the home to view the accommodations. Find out about the services it offers and its fees.

You may apply to boarding homes directly and pay the accommodation and service fees yourself. Should your resources not be sufficient to support these fees, you may call the Continuing Care toll-free line at **1-800-225-7225**, for consultation about placement in a facility that participates in the Department of Health's single entry access system for continuing care.

Housing Services, Department of Community Services

Housing Services is responsible for provincial housing initiatives including program delivery, social housing operation, and residential land development. Services are provided through four regional offices and seven housing authorities.

Contact information for the Regional and District Housing Offices can be found below. Housing Authorities are listed on page 80.

For more information, contact:

Housing Services – Head Office
PO Box 696
Halifax, NS B3J 2T7

Phone: . . . . . .(902) 424-3280
Website: www.gov.ns.ca/coms/hous

Regional/District Housing Offices

Amherst District Office
144 East Victoria Street
PO Box 486
Amherst, NS B4H 4A1

Phone: . . . . . .(902) 667-1161
Toll-free: 1-800-933-2101

Bridgewater District Office
821 King Street, Suite 4
Bridgewater, NS B4V 1B7

Phone: . . . . . .(902) 543-7336
Toll-free: 1-800-278-2144

Cape Breton Regional Office
Provincial Building
360 Prince Street, Suite 22
PO Box 1267
Sydney, NS B1P 5L1

Phone: . . . . . .(902) 563-2120
Toll-free: 1-800-567-2135

Central Regional Office
176 Archimedes Street
PO Box 481
New Glasgow, NS B2H 5E5

Phone: . . . . . .(902) 755-5065
Toll-free: 1-800-933-2101

Metro Regional Office
PO Box 2462
2131 Gottingen Street, Suite 502
Halifax, NS B3J 3E4

Phone: . . . . . .(902) 424-5110
Toll-free: 1-800-774-5130

Truro District Office
9 Church Street
Truro, NS B2N 3Z5

Phone: . . . . . .(902) 893-5999
Toll-free: 1-800-933-2101

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WILLIE HARVIE

60 Thornhill Dr., Unit 6R,
P.O. Box 48041
Dartmouth, Nova Scotia

Tel: (902) 463-0535
Fax: (902) 463-0537
Cell: (902) 471-2658
Pager: (902) 498-1294

Western Regional Office
101 Maggee Drive
PO Box 1000
Middleton, NS B0S 1P0

Phone: . . . . . .(902) 825-3481
Toll-free: 1-800-564-3483

Home Improvement Grants and Loans

The following home improvement grants and loans programs are offered through the Department of Community Services, Housing Services. The programs are intended to help low income seniors and families maintain their homes:

- Access-A-Home Program
- Emergency Repair Program
- Family Modest Housing Program
- Home Adaptations for Seniors' Independence
- Parent Apartment Program
- Provincial Housing Emergency Repair Program
- Residential Rehabilitation Assistance Programs
- Senior Citizens' Assistance Program
- Small Loans Assistance Program

For more information or to apply for a home-improvement grant or loan, contact the Regional or District Housing Office nearest you, as listed on page 83.

Grants for Home Repairs (do not have to be repaid)

Provincial Housing Emergency Repair Program (PHERP)

Provides grants of up to $2,500 to lower-income households to carry out emergency and health and safety-related

repairs to their homes. The income limit on eligibility varies depending on location and household size.

Senior Citizens' Assistance Program (SCAP)

Provides grants of up to $3,000 to seniors who are at least 65 years of age, to carry out emergency and health and safety-related repairs to their homes. The amount of the grant available depends on the household income level. The income limit for eligibility varies depending on location and household size.

Access–A–Home Program

Provides grants of up to $3,000 to help homeowners renovate their homes to make them wheelchair accessible. The amount of the grant available depends on the applicant's income level. The annual income limit for eligibility is $30,000.

Emergency Repair Program (ERP)

Assists eligible homeowners in rural areas to carry out urgent repairs to deal with health and safety hazards. Examples include repairs to unsafe wiring and heating systems and installing new wells and septic systems. The maximum grant available is $6,000. The income limit for eligibility varies, depending on location and household size.

Provincial Loan and Mortgage Programs

Family Modest Housing Program

Provides mortgage funds of up to $70,000 for Nova Scotians to build or buy a modest house. Annual income must be less than $50,000.

Parent Apartment Program (PAP)

Provides homeowners with loans of up to $25,000 for the creation of affordable accommodation for family members who are at least 50 years of age. Parent apartments may be located either within or attached to existing single-family houses. The annual income of the parent(s) must be less than $20,000.

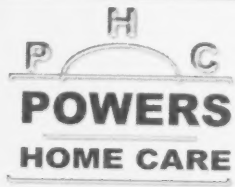
Small Loans Assistance Program (SLAP)

Provides homeowners with low-interest loans of up to $20,000 for home renovations, additions, or repairs. Annual income must be less than $35,000.

Help for Major Repairs and Adaptations

Residential Rehabilitation Assistance Program (Homeowner RRAP)

Provides a forgivable loan of up to $16,000 to qualifying homeowners who own and occupy sub-standard housing, to make repairs so that the home will meet minimum health and safety standards. The amount of assistance available depends on the cost of modifications, household income, and household size. The income



Phone: 902-832-9158
Fax: 902-835-3051
http://powers.phg.ns.ca

Dedicated Home Nursing Care
&
Live-In Support

Insured Professional Staff
24 Hour Service 7 Days a Week

limit for eligibility varies depending on income, location, and household size.

Disabled Residential Rehabilitation Assistance Program (Disabled RRAP)

Provides a forgivable loan of up to $16,000 to qualifying homeowners to carry out work needed to modify homes occupied by someone with a disability. The amount of assistance available depends on the cost of the modifications, household income, and household size. The income limit for eligibility varies, depending on location and household size.

Home Adaptations for Seniors' Independence (HASI)

Provides financial assistance of up to $3,500 to qualifying homeowners and tenants who have their landlord's consent, to carry out home adaptations needed to extend the time that lower-income seniors, who are at least 65 years old, can live in their home independently. The income limit for eligibility varies, depending on location and household size.

Home Maintenance

Energy Use in the Home

The Nova Scotia Department of Natural Resources provides a toll free telephone line for Nova Scotians who have questions about energy use in the home, including insulation, windows, heating systems, condensation, and energy conservation.

For more information, contact:

Toll-free: 1-800-670-4636
Website: www.gov.ns.ca/energy

Nova Scotia Home Builders Association (NSHBA)

A helpful information package on home renovations, including a list of members who are professional, reputable renovators, is available from NSHBA, a non-profit organization of independent home builders, renovators, and corporate members. The association works to improve the housing industry.

For more information, contact:

15A Oland Crescent
Bayers Lake Business Park
Halifax, NS B3S 1C6

Phone: . . . . . .(902) 450-5554
Toll-free: 1-800-668-2001
E-mail: nshba@nshba.ns.ca
Website: www.nshba.ns.ca

Provincial Health Services

Nova Scotia's Health Care System

The Nova Scotia government is committed to ensuring that everyone in Nova Scotia has access to a quality health care system that is integrated, community-based, and sustainable.

Nova Scotia's health system is comprised of the Department of Health, Office of Health Promotion, nine District Health Authorities (DHAs), 37 Community Health Boards (CHBs), and a Provincial Health Care Centre. Each organization has an important role to play in planning for and delivering health care services to Nova Scotians.

Continuing Care

Your One Call for Care

For help with

- Home Care
- Entering a Home for Seniors, or
- Protecting a Vulnerable Adult

1-800-225-7225

NOVA SCOTIA

Health

Continuing Care Branch

Caring For People Over Time

www.gov.ns.ca/health/ccs

Office of Health Promotion

The Office of Health Promotion is working to improve the long-term health and physical well-being of Nova Scotians by reducing health disparities and providing opportunities to live a healthy lifestyle. The office is responsible for sport and recreation, tobacco control, addiction services, preventative health, injury prevention, and healthy eating.

For more information, contact:
Louann Scallion-Morine
PO Box 488
Halifax, NS B3J 2R8

Phone: . . . . . .(902) 424-4807
E-mail: morinelm@gov.ns.ca

Nova Scotia Department of Health

The Department of Health has many responsibilities related to the overall functioning of the health care system, including health planning and evaluation. It is also responsible for the province-wide management and delivery of Insured Services, Emergency Health Services, and Continuing Care Services.

For general information, contact:
Department of Health
Joseph Howe Building, 1690 Hollis Street
PO Box 488
Halifax, NS B3J 2R8

Phone: . . . . . .(902) 424-5818
Toll-free: 1-800-387-6665

District Health Authorities and Community Health Boards

Many community programs and services are offered through the District Health Authorities. Together with the Community Health Boards in each health district, District Health Authorities work hard to understand communities and plan health services and programs to meet the needs of local people.

District Health Authorities are responsible for hospitals and offer a full range of patient care programs and support services. They also offer health promotion, primary prevention, and treatment programs through public health, mental health, addiction services, and provincial programs.

Community Health Boards are made up of volunteers who work with residents of the health districts to build a health system that meets the needs of local communities and improves health. Community Health Boards develop health plans for local needs, help support local health initiatives, engage in public consultation, and nominate individuals for membership on the Board of Directors of District Health Authorities.

For more information, contact:

South Shore Health
(Serving Lunenburg and Queens Counties)
Health Services Assoc. of the South Shore
90 Glen Allan Drive
Bridgewater, NS B4V 3S6

Phone *(Liverpool area)*: . . .(902) 527-5202
(902) 354-3436

A regular Pap test could save your life!

South West Health
(Serving Shelburne, Yarmouth, and Digby Counties)
Yarmouth Regional Hospital
60 Vancouver Street
Yarmouth, NS B5A 2P5

Phone: . . . . . .(902) 742-3541 ext. 117

Annapolis Valley Health
(Serving Annapolis and Kings Counties)
PO Box 490, 121 Orchard Street
Berwick, NS B0P IE0

Phone: . . . . . .(902) 538-3431

Colchester East Hants Health Authority
(Serving Colchester County and most of the Municipality of East Hants)
Colchester Regional Hospital
207 Willow Street
Truro, NS B2N 5A1

Phone: . . . . . .(902) 893-5554 ext.2119

Cumberland Health Authority
(Serving Cumberland County)
34 Prince Arthur Street
Amherst, NS B4H 1V6

Phone: . . . . . .(902) 661-1090

Pictou County Health Authority
(Serving Pictou County)
Aberdeen Hospital
835 East River Road
New Glasgow, NS B2H 3S6

Phone: . . . . . .(902) 752-8311

Guysborough Antigonish Strait Health Authority
(Serving Antigonish, Guysborough, Richmond Counties and the southern portion of Inverness County)

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Full Service Dining Room
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457-8621

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THE WAY RETIREMENT LIVING SHOULD BE Aberdeen Hall • Bradford Hall • Cameron Hall

St. Martha's Regional Hospital
25 Bay Street
Antigonish, NS B2G 2G5

Phone: . . . . . .(902) 867-4273

Cape Breton District Health Authority
(Serving Cape Breton, Victoria, and Inverness Counties)
235 Townsend Street
NSPC Building 2nd floor
Sydney, NS B1P 5E7

Phone: . . . . . .(902) 563-2402

Capital Health
(Serving Halifax Regional Municipality, West Hants, and Mount Uniacke)
Suite 2142, 1796 Summer Street
Halifax, NS B3H 3A7

Phone: . . . . . .(902) 473-2058

Provincial Health Care Centre
IWK Health Centre
5850/5980 University Avenue
Halifax, NS B3J 3G9

Phone: . . . . . .(902) 470-6629
Website: www.iwk.nshealth.ca

Nova Scotia Health Insurance

Nova Scotia's health insurance plans, generally referred to as Medical Services Insurance (MSI), provide eligible residents with coverage for medically required hospital, medical, dental, and optometry services, with some restrictions.

For more information, contact:
Medical Services Insurance (MSI)
7 Spectacle Lake Drive
Dartmouth, NS B3B 2S1
PO Box 500
Halifax, NS B3J 2S1

Phone: . . . . . .(902) 496-7008
Toll-free: 1-800-563-8880

Eligibility — To be eligible for insured health services under the health insurance plans you must be:

- a Canadian citizen or be legally entitled to remain in Canada
- a permanent resident of Nova Scotia
- ordinarily present in Nova Scotia for at least six months in a 12 month period.

Some people are not eligible for insurance coverage in Nova Scotia, as they are covered by other health plans. These include: regular members of the RCMP and the Canadian Forces, tourists and visitors to the province, students from other provinces, and inmates of federal penitentiaries.

Persons moving to Nova Scotia from elsewhere in Canada will become eligible for insured health services programs on the first day of the third month following the month in which they become a resident of Nova Scotia.

During this waiting period, you will continue to receive coverage from your former province of residence. It is your responsibility to contact that province to ensure your coverage is continued.

Persons from outside Canada establishing permanent residence in Nova Scotia may apply for coverage. Please contact the MSI office for details.

Registration — You can register through the MSI office by phone or in person.

Nova Scotia Health Cards — When your application has been processed, each member of your family will receive a *Nova Scotia Health Card* which must be presented whenever you require insured services. Please carry your signed health card with you at all times.

Renewal — *Nova Scotia Health Cards* have a four-year term. Renewal notices will be mailed three months prior to the expiry date. There is no charge to renew your card. If you use an expired health card, you may be asked to pay for services.

Lost or Stolen Cards — There is a $10 charge to replace a lost or stolen card. Visit or contact the MSI office at the address and phone number listed above.

Change of Address — It is in your best interest to ensure MSI has your most up-to-date contact information and mailing address. When you have a new address, you should contact MSI.

Insured Health Services

The pamphlet, *Insured Health Services in Nova Scotia*, provides detailed information about eligibility, registration, and the plans themselves. Copies are available from the MSI office.

Highlights of the services covered under Nova Scotia's Health Insurance Plan are outlined on the next few pages.

Physician's Services

The following services may be provided at physicians' offices, hospitals, residences, clinics, institutions or at the scene of an emergency. They are covered under the health plan when medically required.

- All necessary surgical services
- Complete obstetrical care
- Sterilization procedures
- Treatment of fractures and dislocations
- All necessary referred specialist services
- All necessary diagnostic services, except those which are available under the Insured Hospital Services
- Physical examinations where deemed medically necessary
- Supervision of home dialysis
- Pap smears and other preventative measures.

Optometry (Eye-Related) Services

Optometry Vision Analysis
This service is covered when performed by an optometrist to determine the refractive status of the eye and the presence of any abnormality in the visual system.

Routine Vision Analysis
Coverage is provided, once every two years, for those 65 years of age and over and children up to their 10th birthday. For all others, routine vision analysis is not covered.

Dental Services (Adults)

Dental Surgical Program
Coverage is limited to a specified list of insured services. Not all services are covered.

For more information, contact:
Phone: . . . . . .(902) 832-3253
Toll-free: 1-888-846-9199

Uninsured Health Services

The services listed below and a number of others are NOT insured or covered by Nova Scotia's Health Insurance Plan. Each doctor can set their own fees for uninsured services or may choose not to charge. A doctor must inform a patient of any costs before providing a service that is not covered. Uninsured services include:

- ***Eye Refractions/Routine Vision Analysis*** — These services are uninsured for the 10 to 64 age group.
- ***Health Aids or Devices*** — Items such as eye glasses, hearing aids, dentures, surgical appliances, trusses, wheel-chairs, and crutches are uninsured.

- ***Mileage Fees*** — Uninsured for house calls by a physician.

Contact the Medical Services Insurance office for a complete list of uninsured services. Information is also available from your doctor's office.

For more information, contact MSI:
Phone: . . . . . .(902) 496-7008
Toll-free: 1-800-563-8880

Ambulance Services

Users of ambulance services pay a portion of the cost of providing the service. If your ambulance bill is related to a motor vehicle accident or work-related injury and you have Stipulated Third Party Insurance, you must submit your bill to your insurer for payment.

Tip: Since ambulance fees are not an insured service, anyone who travels outside of Nova Scotia may wish to purchase travel insurance to cover ambulance fees incurred in other provinces.

Ambulance Fees

The following fees are subject to change:

No Fee — There is no fee for medically essential transportation between approved health care facilities providing you have a valid MSI card or are a resident of another province. The same pertains to the transportation of Acute Home Care patients.

$105 — Applies to an individual who is transported from the scene to an approved facility, providing they have a valid MSI card. The same fee will apply to an individual who is transported from an approved facility to their place of residence, with a physician's approval.

Note: *The fees listed above pertain to patients who do not have stipulated third-party insurance coverage. The fees below apply to patients with that insurance coverage.*

$150 — Applies to a mobility challenged patient whose transport either begins or ends at their place of residence and is to or from an approved facility, physician's office, dentist's office, physiotherapist's facility, or respite care facility.

$600 — Applies to an individual who is transported from a motor vehicle collision to an approved facility. The same fee will apply if an individual has a work related injury and Workers' Compensation coverage.

$600 — Applies to all non-interfacility transports for Non-Nova Scotian, Canadian citizens.

$900 — Applies to all transports for Non-Canadian citizens.

HIGH-CREST ENTERPRISES
THE PEOPLE WHO CARE
www.high-crest.com

Nursing Homes

High-Crest Springhill
Springhill, N.S. 597-2797
Administrator - Conrad LeBlanc

High-Crest Sherbrooke
Sherbrooke, N.S. 522-2147
Administrator - Marion Carroll

High-Crest Place
Elite Residential Care Facility
New Glasgow, N.S.
755-9559

Seniors Residential Care Facilities

Highland Crest Home
Antigonish, N.S. 863-3855
Administrator - Mary Beaver

Sunset Haven Home
New Glasgow, N.S. 752-3461
Administrator - Michele Gammon

COMFORTABLE SECURE CONVENIENT

Payment Process

An invoice will be sent to you in the mail advising you of the fee and where to send your payment.

Special Arrangements — If you cannot afford to pay the invoice all at once, contact the billing office nearest you to set up payment arrangements. This will make it possible for you to pay the invoice over time, interest free, until such time as the invoice is paid in full. As long as there is an amount owing, an invoice will be sent to you each month.

Appeal Process — If you feel you have been billed incorrectly or have an issue with the service you received, you should discuss the matter with your local billing office. If the matter cannot be resolved by the billing administrator, you can make a formal appeal. All appeals must be made in writing and sent to the attention of Marilyn Pike, 1496 Bedford Highway, Suite 400, B4A 1E5.

For more information, contact:
Paul Maynard

Phone: . . . . . .(902) 832-5500
E-mail: pmaynard@emci.ns.ca
Website: www.gov.ns.ca/health/

Billing Offices

Western Region
Toll-free: 1-888-280-8884

Northern and Eastern Mainland
Toll-Free: 1-888-657-0556

Cape Breton
Toll-free: 1-888-727-7757

This fall get your flu shot. It could save your life!

Seniors' Pharmacare Program

Pharmacare is a provincial drug insurance plan that helps seniors with the cost of their prescription drugs. More detailed information is available on the Department of Health website at: **www.gov.ns.ca/health/pharmacare**

To request a print copy of the website information, contact the Senior Citizens' Secretariat at **1-800-670-0065**. For information or to apply for Pharmacare, contact:

Seniors Pharmacare Program
PO Box 9322, Station A
Halifax, NS B3K 6A1

Phone: . . . . . .(902) 429-6565
Toll-free: 1-800-544-6191
Website:
www.gov.ns.ca/health/pharmacare/

Eligibility — You are eligible to join Pharmacare if:

- You are a Nova Scotia resident.
- You have a valid Nova Scotia Health Card
- You are at least 65 years old; and you do NOT have drug coverage through Veterans Affairs Canada, First Nations and Inuit Health, or a private drug plan*.

** **Note**: Members of the Public Service Health Care Plan who receive the Guaranteed Income Supplement (GIS) are eligible for Pharmacare.*

New Residents — Seniors who move to Nova Scotia must apply for and receive a Nova Scotia Health Card before applying for Pharmacare (see page 90).

Benefits — Pharmacare covers drugs listed as benefits in the *Nova Scotia Formulary*. The Formulary is managed by a committee of experts who decide which drugs should

and should not be covered by Pharmacare. The experts include family doctors, geriatricians, pharmacists, and drug information specialists. The formulary is available on the Department of Health website, at: **www.gov.ns.ca/health/pharmacare**.

Coverage — Medications and supplies covered by Pharmacare include:

- Prescribed medicines that are listed in the Nova Scotia Formulary
- Some prescribed ostomy supplies
- Prescribed diabetic supplies (including testing materials), needles, and syringes

***Note**: Medications and supplies must be prescribed by a doctor, dentist, recognized nurse practitioner, or authorized optometrist. Prescriptions must be filled in Nova Scotia to be covered.*

Generic Drugs — Generic drugs are dispensed under Pharmacare. Generic drugs are the same as the name-brand drugs but cost less.

***Note**: If you choose a more expensive brand-name drug when a generic brand is available, you will have to pay the difference in price between the two. If you have tried the generic brand and have had a reaction to it, and your doctor reports this reaction to Pharmacare, the program may pay for the brand-name drug.*

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Application Process — You are eligible for Pharmacare on the first day of the month in which you turn 65. An information package will be sent to you two to three months prior to that date. Once Pharmacare has received any required payments, prescriptions can be billed to the program. To join the program, you must complete the enclosed application form and send any payment required to Pharmacare.

***Note**: When filling a prescription, make sure you notify the pharmacy of your Pharmacare coverage.*

Pharmacare Card — Your *Nova Scotia Health Card* is also your Pharmacare card. Your card must be shown to the pharmacist to get your Pharmacare benefits.

Annual Renewal — An information package and a form to complete and return to Pharmacare will be sent to you in February or March, provided you were covered by Pharmacare the year before.

Pharmacare Fees

Most seniors who join Pharmacare pay an annual "premium" for coverage under the program. They also pay a "co-payment" fee, which is a portion of the prescription cost for each prescription filled.
Pharmacare fees are reviewed annually and are subject to change.

Co-payment — Each time you receive a prescription, you must pay 33 percent of the total prescription cost for each prescription filled, keeping in mind that the minimum co-payment is $3 and the maximum is $30 per prescription. You will not be required to pay more than $350 a year in co-payment fees.

Co-payment fees are paid to your pharmacist when you pick up your prescription. When you have reached your maximum

annual co-payment limit of $350, your pharmacist will notify you. Co-payment totals are calculated from April 1st to March 31st each year.

Premium — Depending on your family income, you may be required to pay the full premium, a reduced premium, or no premium at all.

Full Premium — $336 per year.

Reduced Premium — If you are a low-income senior who does not get the GIS, you may qualify for a reduced premium if:

- you are single, and your income is less than $24,000 a year, or
- you are married and your income plus your spouse's income add up to less than $28,000 a year.

Premium Exemption — If you receive the Federal government's Guaranteed Income Supplement (GIS), you are not required to pay the premium unless you have an outstanding balance from the previous year. To find out if you qualify for GIS, call **1-800-277-9914**.

Premium Cost for People Who Apply Late — If you do not apply for Pharmacare coverage within three months of your eligibility date, or decide to leave Pharmacare and join again later, you have to wait 90 days for your coverage to start and pay one and a half times the premium for your coverage, every year thereafter.

Payment of Premium — The premium can be paid all at once, quarterly, or monthly via cheque, money order, Visa, MasterCard, or automatic withdrawal. You will get a receipt when you have paid your full premium. Call the Pharmacare toll-free line at **1-800-544-6191** for details.

Refunds — A refund can be requested if a senior moves out of the province or passes away. The refund will be for the number of months left in the year for which the premium was paid.

Travel Arrangements — If you plan to be out of the province for more than 100 days and you need medicine for that time, you can get up to a 180 days supply if your pharmacist or doctor agrees.

***Note**: Pharmacare does not pay for prescriptions that you get outside of Nova Scotia. So if you plan to leave the province, you should arrange for extra health care insurance coverage before you leave.*

Income Tax Deductions — Your premiums and co-payments are eligible to be included in the calculation of your income tax deduction for medical expenses.

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Review the Canada Customs and Revenue Agency Income Tax & Benefit Guide for more information or contact the Agency for details (see page 62).

Change of Address — If you are moving, contact Pharmacare by mail or phone and advise them your new address. See contact information on page 93.

Private Health Insurance

Private insurance carriers offer coverage for health services not covered by the provincial health insurance programs. These include such items as preferred hospital accommodation, prescription drugs, extended health services, and long-term care insurance.

Insurance Providers — The yellow pages of your local telephone directory will list local health insurance providers under the heading of Insurance, Life and Health.

Continuing Care Services

Continuing care is an integral part of Nova Scotia's integrated health system. It serves people who need ongoing care, either on a long term or short term basis. Services include:

- **Home Care**
- **Long-Term Care** (such as a nursing home or a residential care facility)
- **Protection for Vulnerable Adults**

For specific information on continuing care services, or to talk to a qualified staff person about your needs for care and the services that would best meet them, call the Continuing Care toll-free line from anywhere in Nova Scotia. *Hours:* Seven days a week, 8:30 am–4:30 pm.

For more information, contact:
Toll-free: 1-800-225-7225

Home Care

Home Care provides community based health care services and assistance with the daily activities of living to Nova Scotians of all ages who require support to stay in their homes for as long as it is safely possible. The services are meant to add to the help people can receive from others, such as family members, the community, or friends. Home Care is always the first option considered for care in the community and Home Care works together with other parts of the health care system.

Home Care services can support and prolong independent community living, prevent or delay admission to either a long term care facility or hospital, and promote earlier discharges of patients from hospital, when appropriate. Home Care also helps clients link to professional services and other community based resources such as Meals on Wheels or foot care clinics. The following direct services available through Home Care are delivered by a network of health care professionals and home support workers. All service providers meet standards for training and competency set by Continuing Care and by their respective professional associations and governing bodies.

Supportive Care: A range of personal care and home support services are available. Personal care services help the client daily living tasks such as dressing/undressing, bathing, toilet use, feeding, and/or help with mobilization. Home support services help the client with tasks such as light housekeeping, laundry, and/or meal preparation. In-home respite services for caregivers are also available.

Nursing Services: Home care nurses provide a variety of nursing services in clients' homes. Nursing services through home care include nursing assessment, health teaching, health monitoring and treatment. Direct nursing care in the home can include activities such as intravenous therapy, dressing changes, catheter care, post-operative care following hip or knee replacement surgery, and/or assistance with medication management.

Home Oxygen: Home oxygen services provide oxygen concentrators and related supplies in the home, to individuals who require long-term oxygen therapy and who meet program and medical eligibility requirements.

Assessment Process — If you require an assessment for Home Care, a care coordinator employed by the Continuing Care branch of the Department of Health will call you and arrange for a time to meet with you to complete the assessment. Urgent assessments take priority and are addressed first.

Ongoing Case Management — The care coordinator provides ongoing monitoring and adjustment of the services, as your needs change. The care coordinator can also help you to connect with programs in the community, such as meal programs or foot care clinics. If your needs exceed what Home Care can provide, your care coordinator will provide you with information that may include an application for long term care placement. Home care services may be provided up to the approximate equivalent of the public cost

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Bridgewater 543-0044 — 42 Glen Allen Dr.
Yarmouth 742-7349 — 615-625 Main St. Suite #231
Summerside 432-8154 — 475 Granville St. North
Charlottetown 892-6989 — 27 St. Peters Rd.

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of a long term care placement. If you require long-term care, they may assist you with the process for placement in a home that will best meet your needs.

Client Fees — Depending on income and family size, there may be a minimal charge to Home Care clients for the supportive care and/or home oxygen services they receive. There are no charges for home care nursing services or for the supplies used during a nursing visit. The fees charged to the client are not intended to recover the full costs of providing the service.

The care coordinator will determine applicable client fees during the assessment. The amount you pay is determined by your income and family size. A sliding fee scale is used and fees for each income category are outlined in a table that is available upon request. There is a monthly maximum amount that any client can be charged, depending on the client income category. Here are a few examples of the fees charged according to annual income and family size:

Annual Family Income

$0 to $15,720

Regardless of family size, there is no charge for supportive care services and no monthly oxygen fee.

$15,721 to $31,440

If you are single, there is an $8 per hour fee for supportive care services, $60 monthly fee for oxygen and a maximum fee of $80 per month. If there are two people in the family there is no charge for supportive care services and no monthly oxygen fee.

$31,441 to $36,672

If you are single, there is an $8 per hour fee for supportive care services, $120 monthly fee for oxygen, and a maximum fee of $160 per month. If there are two people in the family, the hourly rate for supportive services is $8, the monthly oxygen fee is $60, and the maximum fee is $80 per month.

$36,673-$41,904

If you are single, there is an $8 per hour fee for supportive care services, $180 monthly fee for oxygen, and a maximum fee of $240 per month. If there are two people in the family, the hourly rate for supportive care services is $8 per hour, the monthly oxygen fee is $120, and the maximum fee is $160 per month.

For more information, contact:
Continuing Care

Phone: 1-800-225-7225

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Long-Term Care

If your care needs exceed what Home Care can provide, Continuing Care Services staff can help with your admission to a licensed long-term care home for seniors, depending on the type of care you need. Call the Continuing Care toll-free line at **1-800-225-7225** for a listing of the homes in your area.

Levels of Care

Seniors who require long-term care usually fall into one of two categories:

- **Level 1 Care:** for those who need supervision and limited help with personal care.
- **Level 2 Care:** for those who require help with personal care and professional nursing care.

One of the biggest differences between the individuals classified as needing Level 1 or 2 care relates to their physical and mental ability to exit from a building unassisted in an emergency. Individuals requiring Level 1 care would be expected to have that ability, whereas those requiring Level 2 care would not.

Other Types of Homes

For information on other types of seniors housing, refer to the following pages: boarding homes (p. 83), retirement homes/assisted living facilities (p. 81), and enriched housing units (p. 80). Many of these facilities offer a range of services to seniors. However, they are not licensed to provide care and their residents are not eligible for financial assistance.

Long-Term Care Homes

Individuals applying for long-term care through the Department of Health's single-entry access system are admitted to one of the following types of homes, depending on their care needs:

Nursing Homes—These homes are mainly licensed to provide accommodation and primarily Level 2 care. There are 71 nursing homes with a combined total of 5,728 beds. The homes are regulated and regularly inspected by the Department of Health. All individuals requiring Level 2 care, even those who can afford to pay the cost of care themselves, must apply through the Department of Health's single-entry access system for continuing care, by calling **1-800-225-7225**.

Residential Care Facilities—These facilities are licensed to provide accommodation and Level 1 care to four or more persons. There are 35 facilities with a combined total of 774 beds. The facilities are regulated and regularly inspected by the Department of Health. Individuals requiring Level 1 care generally apply through the Department of Health's single-entry access system for continuing care, by calling 1-800-225-7225.

About 30 percent of residential care facilities operate outside of the Department of Health's single-entry access system for continuing care. To access those facilities, you may apply directly to the facility, as long as you can afford to pay the fees for at least 18 months. Should your resources be depleted after 18 months, you may apply for assistance through the Continuing Care toll-free line at **1-800-225-7225**.

Community Based Options—These homes are approved by the Department of Health to provide Level 1 care for one to three persons. The cost of care for one or more of the residents in these homes

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is financed by the Department of Health. Approved homes are inspected by the Department of Health and must follow the Interim Guidelines for Community Based Options. To apply to an approved community based options home, call the Continuing Care toll-free line at 1-800-225-7225.

Licensing and Standards

Questions about licensing, standards, monitoring, and audits for long-term care facilities should be directed to Soili Helppi at the Department of Health.

For more information, contact:
Soili Helppi, Continuing Care
Department of Health
PO Box 488
Halifax, NS B3J 2R8

Phone . . . . . .(902) 424-5753

General Information: Long-Term Care

Information on the application and assessment process for placement in a long-term care home is available from the Continuing Care toll-free line.

For more information, contact:
Continuing Care

Toll-free: 1-800-225-7225
Website: www.gov.ns.ca/health

Application/Assessment Process — Contact the Continuing Care toll-free line at 1-800-225-7225, to apply for a long-term care home. A care coordinator will call you and arrange for a time to meet with you to complete the assessment and application process. Together with you, the care coordinator will determine whether home care or long-term care is best for you. The care coordinator will also collect the information that starts the financial assessment process for help with nursing home costs.

Eligibility/Approval — After the care coordinator assesses your care needs, they will send your application to an eligibility authority in the Department of Health for final approval to determine the kind of facility that best meets your needs. Your name will then be placed on the waiting list for the homes of your choice, according to the date your application was approved. The Department's eligibility authority decides each case based on an individual's needs, the legislation (Social Assistance Act, Adult Protection Act, Homes for Special Care Act), and the provincial policies.

Eligibility Appeal Process — If you disagree with the decision made on your eligibility for long-term care, there is an appeal process. Contact your care coordinator for more information.

Choosing a Home — If you are currently living at home, you will be asked to identify the long- term care home or homes you wish to live in when an opening arises. The nursing homes you select could be in a community where relatives live or anywhere else in Nova Scotia.

***Note**: If you agree to be placed on the waiting list for more than one home, you must accept placement in the first home that becomes available.*

Waiting Lists — A person is placed on the waiting list for a long-term care home on the date they are officially confirmed by the Department of Health as needing long term care. The Department of Health co-ordinates the waiting list chronologically by that date.

Waiting for Admission from Home — The amount of time you will be required to wait before being admitted into a home depends on how many people are waiting to get into the home or homes you selected. If your situation worsens after you apply for care and while you are waiting for an opening, your care coordinator can arrange for other services, such as additional home care or respite care. If you feel you need hospital care, don't hesitate to call your family doctor.

Respite Care — Some long term care homes have beds set aside to allow your care needs to be met in a long-term care home while your caregivers have a break. This service is called "respite care". Each home has its own daily rate for respite care beds. If you can pay for your respite care, you may contact the facility directly to make arrangements. If you do not have the means to pay, contact the Continuing Care toll-free line at **1-800-225-7225**. Staff will do an assessment to see if you are eligible for a government subsidy.

Refusing Admission from Home — If you are living at home and are offered a place at a long term care facility you had chosen and you refuse to accept it, you will be considered not ready for admission to any home. Your name will then be removed from all waiting lists.

Transferring from One Home to Another — If you are placed in a nursing home and decide you want to move to a different home, contact the Continuing Care toll-free line to arrange for your name to be placed on the waiting list for the facility of your choice.

Waiting for Admission from Hospital — If you are in hospital and the doctors have said you are ready to leave for a long-term care home, you will be offered an admission to the first available home within a 100 km driving distance of the community where you want to live. This policy is called the "first available bed" policy. As soon as your name comes to the top of the list for your preferred facility, you will be offered the opportunity to transfer. This policy ensures you receive the right kind of care as quickly as possible. Since hospital beds are urgently needed for people requiring medical services that only hospitals can provide, it is not possible for you to stay in the hospital until a room comes up in a home of your choice. When your doctor says that your medical condition no longer requires hospitalization, the hospital may discharge you or begin to charge you for care.

Hospital Fees — Hospital patients whose doctors have said their medical condition no longer requires hospitalization, and who are waiting for the first available bed in a home within 100 km of the community where they want to live, may be charged $50 a day to remain in hospital while awaiting placement. Patients who refuse the first available bed in their area, may be discharged or charged $205 a day if they remain in the hospital. If you are concerned about hospital fees,

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contact your hospital social worker who can explain this policy to you in detail.

Fees for Long-Term Care — In 2003, the province began covering some of the health care costs of long-term care. The amount the province contributes will increase each year until April 2007, when seniors will no longer pay for the health care costs of long-term care. Instead, they will only pay the accommodation costs, which will substantially reduce the amount their fees. The average cost of nursing home care in Nova Scotia is $140 a day, which is consistent with rates in other parts of Canada. Seniors pay only a portion of this daily rate and during the assessment process, are advised how much they will be required to pay.

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Seniors applying to a nursing home prior to April 2007, are required to pay the accommodation costs and a portion of the health care costs of nursing home care, if they can afford to do so. Those who need help with their costs can apply for financial assistance as part of the assessment process.

Financial Assessment Process — As part of your application to a long-term care home, your care coordinator will help you get started on the financial assessment process. You will be asked about your income and assets, and asked to sign consent forms that will allow the financial assessment review officers from the Department of Health to verify financial information with your bank and other financial institutions. This information is kept confidential.

The financial assessment determines whether you are eligible for financial assistance. Government support begins after you have paid all you can towards the cost of your care, including your income and your *eligible assets*. Approximately 80 percent of people living in long term care homes are receiving government help to offset their costs. In Nova Scotia, no senior goes without the long term care they need, regardless of their ability to pay.

Everyone who applies to a nursing home must complete the financial assessment process, except in exceptional circumstances when an individual may decide to sign an *Agreement of Total Support*. This is a contract confirming you understand the full potential costs of care, you have sufficient income and assets to over these costs, and you will not apply to the Department of Health for long-term care funding in the future.

Funding-Related Legislation and Policies — The Department of Health provides funding under the Social Assistance Act and Community Supports for Adults policies. In November 2002, changes were made to these policies which allow seniors to keep more assets and reduce the amount of paperwork involved. For instance:

- The "look-back" period was reduced to two years from three which means that the financial records of the senior are reviewed for a two-year period from the date the financial application is signed.

- The province will exempt $25,000 of assets if the person applying for nursing home care has a spouse or legal dependent living at home.
- Since family homes are completely exempt from the financial assessment, individuals no longer have to fill out a form to designate their home. As well, the home may be transferred to another person. That person may sell the home, and the proceeds will not be considered an asset for the cost of care.
- One vehicle per family is now exempt. However, new vehicles purchased within the two-year look back period may be reviewed if it seems the purchase made was beyond one of reasonable value or inconsistent with an applicant's vehicle purchasing habits.

Required Financial Information — You will need to report your income and assets. Generally speaking, your assets and income must be used to pay your long-term care costs, but there are a number of exemptions. The items currently exempt from the cost of nursing home care are listed below:

- Family home
- Household contents
- One car *(some restrictions apply)*
- Family cottages
- Family land: *(farms and woodlots)*
- Life insurance
- Pre-paid funerals
- Paid burial plots
- GST refunds
- Lump sum compensation payments for Merchant Mariners in WWII
- Veterans' disability pensions
- Employment income earned by the spouse
- Ownership of a private business by the spouse
- Refundable child care credit
- Federal child tax benefits
- Contributions to a Registered Education Savings Program*

Splitting Income and Assets Between Spouses — Generally speaking, the income and assets belonging to you and your spouse will be evenly divided between the two of you, excepting any employment income earned by your spouse and keeping in mind the other exemptions listed above. Additionally, you will be able to keep $25,000 of your joint assets before any remaining assets are split.

If your spouse is entering a nursing home and you believe your half is not enough to live on, the Department of Health will review your budget to determine whether more of your spouse's share should remain with you. If you wish to have your budget reviewed, speak to your spouse's care coordinator, and the Department of Health will contact you for further assessment.

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Financial Assessment Appeal Process — To appeal a decision about your eligibility for financial assistance, you must fill-out the *Appeal Form* that is attached to the eligibility letter sent by the Department of Health. The letter informs you of the amount you will be expected to contribute toward the costs of your care. The *Appeal Form* will ask you to explain why you want to appeal. The *Appeal Form* must be received by the Department of Health within 30 days from the receipt of the eligibility letter.

There are two steps in the appeal process. Step 1 is an administrative review where the Department of Health makes sure all the right things were done to arrive at the decision. If you are not satisfied, you may participate in Step 2, an appeal hearing by the Social Assistance Appeal Board. The board will listen to your side of the story and decide if the Department's decision should be changed.

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Paying for the Cost of Care — When you enter a nursing home, you will pay the home directly for your care. When the value of your assessed assets is depleted, you will be eligible for financial assistance. At that time, your income will continue to be applied to the cost of your care and the province will pay any additional costs.

Publicly assisted residents of nursing homes and other long-term care facilities are provided with a *Personal Use Allowance (PUA)*. This allowance is intended to provide monthly spending money to be used for items of personal comfort and enjoyment by the resident. Purchases made by third parties (including family members) may be reimbursed by the Nursing Home Administrator if the person seeking reimbursement provides a receipt. *Examples*: hairdresser and barber fees, magazine or newspaper subscriptions, phone bills, candy. *The current amount of the Personal Use Allowance is $105 per month.* The allowance is claimed by the home on behalf of the resident and a maximum accumulation limit applies.

Managing Your Affairs

Everyone should take the necessary legal steps to ensure their affairs will be properly managed if they become unable to manage their affairs themselves. For more information on Power of Attorney, Enduring Power of Attorney, and Guardianship, contact the Legal Information Society of Nova Scotia (see contact information on page 64).

Protecting Vulnerable Adults (Adult Protection)

Adults in need of protection are people 16 or older who are abused or neglected and who cannot physically or mentally protect or care for themselves.

If you suspect that an adult is in need of protection, the Adult Protection Act requires you to report any such information,

even if the information is confidential or privileged.

Adult protection workers with the Department of Health have the authority to intervene and offer services to help people live safely.

Vulnerable Adults — Individuals are vulnerable for many different reasons. For instance, they may have an intellectual, physical, or mental disability that makes it impossible for them to protect themselves from emotional or physical abuse. Or, their personal circumstances may prevent them from caring for themselves properly.

Other Adults — Adults who are capable of making choices about how they'd like to live are not considered adults in need of protection, even if their personal hygiene becomes poor or their housekeeping drops off. If they have no physical problems, are mentally competent, and are capable of looking after themselves, the Adult Protection Act does not consider them to be in need of protection.

Reporting Process — If you know of an adult in need of protection, you must report it immediately to the Department of Health by calling **1-800-225-7225**. An adult protection worker will assess the situation. If, after the assessment, the worker believes that the person you have reported does need protection, the department will begin a more detailed investigation. If the adult is found to need protection, the worker will provide services to help.

Financial Abuse — The Adult Protection Act does not cover situations of financial abuse. However, if financial abuse is discovered during an Adult Protection investigation, the adult will be referred to an authority who can help safeguard their financial interests.

Elder Abuse — For more information on elder-abuse, see page 72.

For more information or to report a case of suspected abuse or neglect, contact:

Continuing Care Services
Department of Health

Toll-free: 1-800-225-7225

Public Health Services

Public Health Services works in partnership with communities, families, and individuals to prevent illness, protect and promote health, and achieve well being. Staff include public health nurses, health educators, dental hygienists, nutritionists, support staff, medical officers of health, epidemiologists, and administrators and managers.

For more information, contact:

District Offices

Wolfville: *Serving Annapolis, Kings, Lunenburg, Queens, Digby, Yarmouth, and Shelburne Counties.*

Phone: . . . . . .(902) 542-6310

Truro: *Serving Colchester, Cumberland, and Pictou Counties and most of the Municipality of East Hants.*

Phone: . . . . . .(902) 893-5820

Sydney: *Serving Cape Breton, Victoria, Inverness, Richmond, Antigonish, and Guysborough Counties.*

Phone: . . . . . .(902) 563-2400

Dartmouth: *Serving Halifax Regional Municipality, West Hants, and Mount Uniacke.*

Phone: . . . . . .(902) 481-5800

Addiction Services

This service provides prevention, treatment, and rehabilitation services for individuals and their families, with alcohol, drug, and gambling problems.

For more information, contact:

District Health Authority Offices

Yarmouth: *Serving Annapolis, Kings, Lunenburg, Queens, Digby, Yarmouth, and Shelburne Counties.*

Phone: . . . . . .(902) 742-2406

Pictou: *Serving Colchester, Cumberland and Pictou Counties, and most of the Municipality of East Hants.*

Phone: . . . . . .(902) 485-4335

Sydney: *Serving Cape Breton, Victoria, Inverness, Richmond, Antigonish, and Guysborough Counties.*

Phone: . . . . . .(902) 563-2059

Dartmouth: *Serving Halifax Regional Municipality, West Hants, and Mount Uniacke.*

Phone: . . . . . .(902) 424-5623

Mental Health Services

A wide-range of mental health services are offered by District Health Authorities to meet the needs of Nova Scotians, including seniors. Specialized mental health services for seniors are offered in some health districts. These are described after the list of mental health services offices below.

Mental Health Services Offices

Amherst . . . . . .(902) 667-3879
Antigonish . . . . . .(902) 863-4511
Bridgewater . . . . . .(902) 527-5228
Dartmouth . . . . . .(902) 464-6054
Digby . . . . . .(902) 245-4709
Halifax QEII . . . . . .(902) 473-2492
Inverness . . . . . .(902) 258-1911
Kentville . . . . . .(902) 679-2657
(902) 679-2870
Middleton . . . . . .(902) 825-4825
New Glasgow . . . . . .(902) 752-1137
Shelburne . . . . . .(902) 875-4200
Sydney . . . . . .(902) 567-8170
Truro . . . . . .(902) 893-5526
Windsor . . . . . .(902) 792-2042
Waterville . . . . . .(902) 538-3103 ext.136
Yarmouth . . . . . .(902) 742-4222

Seniors' Mental Health Service Capital Health

This service is designed to meet the mental health needs of people 65 and older. A range of services are available including health promotion, education, outreach (home visitations), day program, and in-patient programs.

The Seniors' Day Program offers education and support to seniors who experience anxiety and depression. Educational groups focus on learning positive habits for healthy living, coping with grief, relaxation and dealing with negative thinking.

Health care professionals experienced in the field of seniors' mental health provide treatment and information to clients, as well as, support and information to family members.

Emphasis is placed on providing services in the home setting or community. A person's mental health is as important as their physical health. The Seniors' Mental Health Service encourages seniors to access help when required.

For more information, contact:

Nova Scotia Hospital Site

Phone: . . . . . .(902) 464-6054

or

Queen Elizabeth II Site

Phone: . . . . . .(902) 473-2492

Seniors' Mental Health Service Kings and Annapolis Counties

This service, coordinated by a nurse, is designed to meet the mental health needs of seniors. Assessments and visits at home are provided by a nurse and psychiatrist. Support groups for families of individuals with Alzheimer disease and dementia are available in Kings County. Regular consultation with all nursing homes in the counties is also provided. Team members are anxious to hear from consumers and families with their ideas on how to further develop the service.

For more information, contact:
Kings County

Phone: . . . . . .(902) 678-7381

or

Annapolis County

Phone: . . . . . .(902) 825-4825

Specialized Health Programs for Seniors

Centre for Health Care of the Elderly

The centre provides health care services for older adults. Specific programs include: geriatric assessment unit, geriatric restorative (rehabilitation) unit, geriatric day hospital, and specialty outpatient clinics, such as the memory disability clinic, and falls clinic. Referral must be made by a physician. The centre is located in the Camp Hill Veterans' Memorial Building, QEII, Halifax. Clinics are also held in the Annapolis Valley, Lunenburg, and Antigonish.

For more information, contact:
Centre for Health Care of the Elderly
Camp Hill Veterans' Memorial Building,
Halifax, NS B3H 2E1

Phone: . . . . . .(902) 473-8603
Website: www.geriatrics.halifax.ns.ca

Geriatric Day Hospital — QEII Health Sciences Centre

This program provides short-term outpatient rehabilitation for seniors by a team of health care professionals. Physician referrals are required.

Falls Clinic — This service is available for persons 65 and over who have fallen or have mobility and balance difficulties. Falls can be prevented!

For more information, contact:
Geriatric Day Hospital
Camp Hill Veterans' Memorial Building
First Floor, 5955 Veteran's Memorial Lane
Halifax, NS B3H 2E1

Phone: . . . . . .(902) 473-2493

Accommodations for Health Care Patients and Visitors

Queen Elizabeth II Health Sciences Centre (QEII) Accommodations (Halifax)

For details on special accommodation rates for patients and families using the QEII

facilities, check the QEII website at: **www.cdha.nshealth.ca/facilities/qe2hsc** For a print copy of this information, call the Senior Citizens' Secretariat at **1-800-670-0065**.

Point Pleasant Lodge
(Halifax)

The Lodge is a non-profit facility with accommodations for individuals using any medical services within the Halifax area or visiting patients.

Rooms include television and telephone service and private bath. Smoking and non-smoking rooms are available, as well as accommodations for physically challenged individuals. The Lodge provides a cafeteria and reading lounge, along with laundry facilities, elevator service and limited free-parking.

The Lodge is within walking distance of the QEII Health Sciences Centre and the IWK Grace Health Centre.

Room rates: Single occupancy: $35
Double Occupancy: $50

Call for information on family occupancy. Reservation are recommended.

For more information, contact:
Point Pleasant Lodge
1121 South Park Street
Halifax, NS B3H 2W6

Phone: . . . . . .(902) 421-1599
Phone *(reservations only)*: . . .(902) 429-7780
E-mail:
guestservices@pointpleasantlodge.com
Website: www.pointpleasantlodge.com

The Lodge That Gives

Cancer patients who normally reside in Nova Scotia, at a distance from Halifax, can stay at the lodge while receiving medical attention. Family members can stay while visiting a loved one in the hospital. To arrange a first-time reservation, you can speak to a cancer specialist, a local representative of the Canadian Cancer Society, or the booking clerk at the Halifax treatment centres.

For more information, contact:
Lodge Co-ordinator
5826 South Street
Halifax, NS B3H 1S6

Phone: . . . . . .(902) 420-1849

Fidelis House
(Kentville)

Fidelis House is a non-profit organization that provides accommodation for patients needing to be in the Valley area for appointments or treatment, as well as families of patients wanting to be near their loved ones in times of illness or surgery.

Fidelis House has 12 double occupancy rooms available with a private washroom. There is a communal kitchen and living room with a television. Laundry facilities are available. Breakfast foods are provided and coffee and tea is available at any time. There is a specially equipped room available for physically challenged individuals. The house is staffed around the clock with volunteers and is within walking distance of the Valley Regional Hospital. *Fee*: $20 per night, per person.

For more information, contact:
Fidelis House Society
140 Exhibition Street
PO Box 125
Kentville, NS B4N 3W4

Phone: . . . . . .(902) 679-6567
Website: www.nsnet.org/fidelishouse

Health Screening Programs

Nova Scotia Breast Screening Program

This program assists in the early detection of breast cancer. It offers information on breast health and mammography (breast X-rays) to women aged 50 and older who have no diagnosed breast problems.

Clinics — There is a clinic in the Halifax Shopping Centre. A mobile van provides breast screening for the Eastern Health area (administered by the Cape Breton Hospital). A second van serves the Western Health area (administered by Yarmouth Regional Hospital).

For more information, contact:
NS Breast Screening Program
Halifax Shopping Centre
Tower 1, Suite 103
7001 Mumford Road
Halifax, NS B3L 4N9

Phone: . . . . . .(902) 473-3960
Toll-free: 1-800-565-0548

Gynaecological Cancer Screening Program

This program, part of Cancer Care Nova Scotia, is dedicated to decreasing the incidence of gynaecological cancer. Its mandate includes public education, health professional education, development and dissemination of standards for laboratory services, provincial cytology/colposcopy registry, and research.

Pap test awareness brochures and information about where to get a Pap test in your area is available upon request.

For more information, contact:
Margery MacIsaac, Program Coordinator
Bethune Building, Room 555A
1278 Tower Road
Halifax, NS B3H 2Y9

Phone: . . . . . .(902) 473-7438
E-mail: papforlife@ccns.nshealth.ca

Services for Frail, Disabled, or Homebound Seniors

Adult Day Programs

Day programs provide seniors with a social environment in which they can participate in activities and meet new people. Many day programs have special services available such as health monitoring, foot care, hair styling, and exercise. Some programs offer information sessions, group outings, and social events. Usually a snack and lunch are provided. Other programs serve the needs of individuals with memory loss and confusion from Alzheimer disease and other forms of dementia. Fees vary depending on the programs and services provided.

Care Choices
Straight from the Heart
PERSONALIZED HOME CARE SERVICE
RN Supervision
4-24 Hour Coverage
Bonded Professional Staff
PCA's, PCW's & LPN's
Bridgewater 902-527-1622

For more information, or to enroll in an adult day program, contact the programs in your area.

Adult Day Programs

Amherst

VON Adult Day Program
Randi Peterson
43 Prince Arthur Street
Amherst, NS B4H 3Z5
Phone: . . . . . .(902) 667-8796

Berwick

VON Annapolis Valley Branch Adult Day Program
Barb Rand RN and Brenda Harland RN
Western Kings Memorial Health Centre
121 Orchard Street
Berwick, NS B0P 1E0
Phone: . . . . . .(902) 538-7844

Halifax Regional Municipality

Nova Scotia Hospital
Shirley Wright
Drawer 1004, 300 Pleasant Street
Dartmouth, NS B2Y 3Z9
Phone: . . . . . .(902) 464-3293

Oakwood Terrace Adult Day Program
Tracey Leslie
10 Mount Hope Avenue
Dartmouth, NS B2Y 4K1
Phone: . . . . . .(902) 469-2794 ext. 199
E-mail: g.comeau@oakwoodterrace.ns.ca

Northwood Homecare Adult Day Programs
- Social Day Program
- Day Support Program: for individuals with Alzheimer disease or other forms of dementia

2615 Northwood Terrace
Halifax, NS B3K 3S5
Phone: . . . . . .(902) 454-3377

The Birches
Eileen MacNeil
Musquodoboit Harbour, NS B0J 2L0
Phone: . . . . . .(902) 889-3474

Newport Station

Day Break Senior Day Care
Suzanne Rouleau
PO Box 193
Newport Station, NS B0N 2B0
Phone: . . . . . .(902) 798-5974
E-mail: sue.rouleau@ns.sympatico.ca

Parrsboro

South Cumberland Community Care Centre
Debbie Fullerton or Brenda Roberts
Parrsboro, NS B0M 1S0
Phone: . . . . . .(902) 254-2540

Pictou

Take a Break Program
Marg Facey
PO Box 250
Pictou, NS B0K 1H0
Phone: . . . . . .(902) 485-4341

Sydney Mines

Northside Harbourview Hospital Seniors' Day Program
Heather Duff
22 Richard Street
Sydney Mines, NS B1V 2H7
Phone: . . . . . .(902) 736-2831 ext. 140

In-Home and Community Meal Programs

Nova Scotia Meals Network

The network publishes a provincial directory of meal programs for seniors, including

Meals on Wheels, Wheels to Meals (community meal programs),and Private Recipe Frozen Meals. The directory is available from Spencer House Senior Centre in Halifax at **421-6131** and by calling the Continuing Care toll-free line at **1-800-225-7225**.

Meal programs are made possible by the tireless efforts of community-based organizations and volunteers who work in partnership to help meet the needs of local seniors. The type of meal programs offered vary from community to community.

Meals on Wheels — Hot meals are prepared locally and delivered by volunteers to your home for a modest fee.

Private Recipe Frozen Meals — Individually frozen meals are prepared and delivered to your home for a modest fee. You can choose your own complete menu from a tempting array of main dishes, soups, and desserts. Ask about special diets and pureed meals. For more information about frozen meal delivery, contact your local VON branch (see page 129).

Community Meal Programs — Many organizations across the province sponsor hot meal programs for seniors. Such programs are often referred to as *Wheels to Meals*. For a modest fee, these programs provide you with a place to socialize and a chance to enjoy a nutritious meal in the company of others.

Information — For specific information on meal programs in your area, contact the Continuing Care toll-free line at **1-800-225-7225**, or the Nova Scotia Meals Network representative nearest you, as follows:

Meals Network Representatives

Central Nova Scotia
Deborah Dostal
Spencer House Senior Centre
5596 Morris Street
Halifax, NS B3J 1C2
Phone: . . . . . .(902) 421-6131

Eastern Nova Scotia
Joan Fownes, Dietitian
Victoria County Memorial Hospital
Box 220, Baddeck, NS B0E 1B0
Phone: . . . . . .(902) 295-2112
E-mail: jfownes@cbdha.nshealth.ca

Northern Nova Scotia
Sheila Hoeg
VON New Glasgow
Phone: . . . . . .(902) 755-4524

Programs for *2004*
Seniors
15th Edition

The 15th annual Programs for Seniors is co-published by the Nova Scotia Senior Citizens' Secretariat, Communications Nova Scotia and the Nova Scotia Business Journal. The publication is an annual, comprehensive resource book describing the services, programs, and organizations available in Nova Scotia for seniors.

Seventy-five thousand copies are distributed free-of-charge to the seniors population of Nova Scotia through seniors' organizations, government departments, pharmacy outlets, Sobeys, family physicians offices and public libraries.

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For more information contact:

Programs for Seniors
c/o Nova Scotia
Business Journal
11 Thornhill Drive
Dartmouth, NS B3B 1R9
Ph: (902) 468-8027
Fax: (902) 468-2425
E-mail: nsbj@hfxnews.ca

Nova Scotia Senior Citizens' Secretariat
4th Floor, P.O. Box 2065
1740 Granville Street
Halifax, NS B3J 2Z1
Ph: (902) 424-0065
Toll Free 1-800-670-0065
Fax: (902) 424-0561
E-mail: SCS@gov.ns.ca
Website:
www.gov.ns.ca/scs

BUSINESS JOURNAL

NOVA SCOTIA
Senior Citizens' Secretariat

Western Nova Scotia
Vivian MacMillan
Box 427, Windsor, NS B0N 2T0
Phone: . . . . . .(902) 798-4913
or
Libby Goucher
VON Annapolis Valley Branch
Kentville, NS B4N 3V7
Phone: . . . . . .(902) 690-2110
Toll-free: 1-800-411-9646
E-mail: pep@vonannvalley.ns.ca

Meals And More

This service, located in the greater Amherst area, offers home-delivered meals for seniors. Choose from a wide variety of frozen meals, soups, and desserts which come ready to heat in an oven or microwave. Special requests for vegetarian, diabetic, low-fat, low-salt, gluten, lactose-free and pureed or minced food can be arranged. A dietician is available for consultation. Free delivery in the greater Amherst area.

For more information, contact:
Susan Kastuk-Ridlington, Dietician
Phone: . . . . . .(506) 536-8102
(toll-free from Amherst)
E-mail: meals@nbnet.nb.ca

Marvellous Mouthfuls Gourmet Cooking

This Halifax-based service provides home-cooked meals that are frozen and ready-to-heat in an oven or microwave. The meals are prepared fresh and come packaged in convenient portion sizes. The variety of menus include traditional, vegetarian, and ethnic foods.

For more information, contact:
Melissa Niji
Phone: . . . . . .(902) 425-1069

Health Equipment and Personal Aids

Aliant Telecom

This company, formerly MTT, offers a variety of telephone services for people with hearing, speech, sight, or motion disabilities.

For more information, contact:
Toll-free: 1-800-694-9313
TTY/TDD: . . . . . .(902) 487-5999

Canadian Red Cross Society — Health Equipment Loan Service

This program operates loan depots throughout the province. You can often get crutches, canes, walkers, wheelchairs, commodes, raised toilet seats, and bath-tub aids. Loans are free. You can borrow items for up to three months. Donations are welcome.

For more information, contact:
1940 Gottingen Street
Halifax, NS B3J 3Y2
Phone: . . . . . .(902) 424-1420

Easy Living Shops Canada Ltd.

This company sells specialized clothing for seniors who live in nursing homes, hospitals, manors, or their own homes. Clothing is designed to be attractive and durable.

For more information, contact:
Paula Chambers, NS Representative
Phone: . . . . . .(902) 684-0937
Toll-free: 1-800-665-1976

Medical/Hospital Supply Services

Medical/hospital supply companies offer rentals, sales and repairs of health care equipment. Items can include canes, wheelchairs, elevators, and motor scooters.

Medical/Hospital Supply Services — The yellow pages of your local telephone directory may list these services under the headings: Medical Equipment and Supplies, Hospital Equipment and Supplies, Wheelchairs, or Elevators.

Private Home Care and Home Support Services

If you require home care services, Continuing Care, Department of Health is your first point of contact. Call the Continuing Care toll-free line, at **1-800-225-7225** (see page 96).

If you require care or assistance beyond what Continuing Care can provide, the following information may assist you.

Many private organizations offer in-home support services to seniors wanting to remain independent in their homes. They provide professional nursing care and offer a variety of home support services.

Types of services offered may include footcare, companionship, in-home nursing care, physiotherapy treatments, home-maker services, such as light housekeeping and meal preparation, and many others.

Services can be tailored to suit an individual client's needs and fees vary depending on the type of care required.

For more information, contact a home care provider in your area.

Cape Breton Area

VON Cape Breton Metro
Phone: . . . . . .(902) 562-1297

Nightingale Nursing Services
Phone (Sydney): . . . . . (902) 562-6274

Northside Community Guest Home
Phone: . . . . . .(902) 794-4733

North Shore Area

VON Antigonish
Phone: . . . . . .(902) 863-5700

VON Colchester East Hants
Phone: . . . . . .(902) 893-3803

VON Cumberland County
Phone: . . . . . .(902) 667-8796

VON Pictou County
Phone: . . . . . .(902) 752-3184

Valley Area

VON Annapolis Valley
Phone: . . . . . .(902) 678-3415

South Shore Area

Care Choices Inc.
Phone: . . . . . .(902) 527-1622

Caregivers N' More
Phone: . . . . . .(902) 425-7727

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6960 Mumford Road, Suite 6, West End Mall.
Halifax, N.S. B3L 4P1
Phone (902) 454-2571 Fax (902) 454-2522

P.L.S. In-Home Care Ltd.
Phone: . . . . . .(902) 543-2877

VON Lunenburg County
Phone: . . . . . .(902) 624-1897

VON Queens County
Phone: . . . . . .(902) 354-3297

Western Area

VON Tri-County
Phone: . . . . . .(902) 742-4512

Halifax Area

Anson Care Givers Inc.
Phone: . . . . . .(902) 435-2525

Comcare
Phone: . . . . . .(902) 453-0838
Toll-free: 1-800-565-1930

Haven Bay Home Care Services
Phone: . . . . . .(902) 826-1341

Home Instead Senior Care
Phone: . . . . . .(902) 429-2273

Licensed Practical Nurses Private Duty Registry
Phone: . . . . . .(902) 499-3004

Nightingale Nursing Services
Phone *(Halifax)*: . . . . . (902) 465-9777

Northwood Homecare
Phone: . . . . . .(902) 492-3346
Toll-free: 1-800-461-3346

Powers Senior Home Care Inc.
Phone: . . . . . .(902) 832-9158

Pro Seniors
Phone: . . . . . .(902) 832-1070

Red Cross Home Support Services
Phone: . . . . . .(902) 496-0103

Stay Home Care
Phone: . . . . . .(902) 864-2677

VON Greater Halifax
Phone: . . . . . .(902) 453-5800

We Care Home Health Services
Phone: . . . . . .(902) 454-2571

Health Professionals and Services

Physician Information Line

The Department of Health provides a listing of family doctors in Nova Scotia who are currently taking new patients. The list is also available on-line at: **www.gov.ns.ca/health/programs.htm**

For more information, contact:
Department of Health
Physician Information Line

Phone: . . . . . .(902) 424-3047

After Hours Physician Services

Family Focus

Family Focus clinics provide after hours access to family physicians. Clients can call ahead or walk in for a same day appointment.

For more information, contact:

Dartmouth
Atlantic Superstore
Phone: 462-2038

Halifax
Professional Centre
Phone: 420-2038

Sackville
Atlantic Superstore
Phone: 869-2038

Dartmouth Medical Centre

Hours: Monday to Friday, 9:00 am–8:00 pm
Weekends, 9:00 am–5:00 pm

Physiotherapists

Physiotherapy is the health care profession dedicated to enhancing and restoring mobility. Physiotherapists have the education, the applied knowledge and treatment techniques to help seniors improve and maintain their physical mobility and independence.

Physiotherapists are primary care professionals (just like doctors and dentists) meaning you can go directly to a physiotherapist without a doctor's referral. Physiotherapists provide health care to seniors in many different settings including hospitals, private clinics, long-term care facilities, seniors complexes, or your own home.

Physiotherapy treatment provided in hospital settings in Nova Scotia is covered by MSI, however funding varies when services are offered outside a hospital. Many (but not all) private insurance policies cover physiotherapy services.

To inquire about seeing a physiotherapist, look in the yellow pages of your telephone directory or contact your community hospital.

Podiatrists and Chiropodists (Foot Care)

These specialists treat all types of foot disorders. Their services are not covered by MSI; however, most private and employer health plans, and some government agencies will partly or totally cover the cost. You do not need a physician's referral. Your physician can tell you if a chiropodist or podiatrist is a certified member of a recognized association (such as the Maritime Association of Certified Chiropodists-Podiatrists).

For a list of practitioners in your area, look in the yellow pages of your phone book under the heading *Podiatrists*.

VON Footcare Services

The VON provides footcare services and clinics in various parts of Nova Scotia. For more information, call the VON office nearest you (see page 129).

Dalhousie Dental Clinic

The dental clinic at the Faculty of Dentistry at Dalhousie University provides services to the general public at reduced fees. The clinic is staffed by supervised students of the Dentistry program and they provide a wide-range of dental services.

For more information, contact:
Dalhousie Dental Clinic
5981 University Avenue
Halifax, NS B3H 1W2

Phone: . . . . . .(902) 494-2101

In-Home Services

JKM Industries

JKM Industries provides handyman, home improvement, and repair services, as well as computer services. JKM Industries is flexible and has discounted rates for seniors.

For more information, contact:
JKM Industries
Bedford, NS B4A 3X2

Phone: . . . . . .(902) 832-7137
Website: www.jkmindustries.com

Kim's Trim Mobile Salon

Your hairdressing needs can be met at home if you live in the Halifax, Dartmouth, and Sackville areas.

For more information, contact:
Phone: . . . . . .(902) 458-6695

Leona Burke's Blood Collection Services

This service is available at a number of locations in Dartmouth, Eastern Passage, Woodside, Cole Harbour, and Lower Sackville. You can make an appointment or just walk in. *Fee*: $10 *Home visit fee*: $20. Call for information on the location nearest you.

For more information, contact:
Phone: . . . . . .(902) 461-2391
Website: www.lbbloodcollection.com

MacCulloch Med Tech Services Inc.

This service provides on-site and at-home blood and urine test collection services, and transports the samples directly to your doctor's preferred hospital lab. It serves clients in Halifax Regional Municipality including the Peggy's Cove Road area, with a branch open in Industrial Cape Breton.

For more information, contact:
101 Ilsley Avenue, Suite 5A
Dartmouth, NS B3B 1S8
Phone: . . . . . .(902) 477-7642
Toll-free: 1-800-213-1454
E-mail: mmts@bloodtest.ca

MobiliCare Inc.

This service offers blood collection, massage therapy, and nursing visits by registered and certified professionals. The fees are as follows: in-home blood collection ($23), in-home massage therapy ($65), and RN nursing visits ($38). For all services provided, please call for an appointment. The services are offered 7 days a week, and the blood clinics run Monday to Saturday, 8:00 am–12:00 pm.

For more information contact:
Mobilicare Inc.
Phone: . . . . . .(902) 830-2273

Seniors for Seniors

This program serves older adults and seniors. Services include: home-makers, handypersons, home cleaners, and companions.

For more information, contact:
Howard Court or Janet Wilson
7001 Mumford Road, Tower 1,
Suite 819, Halifax, NS B3L 4N9
Phone *(Halifax)*: . . . . . (902) 454-3674
Phone *(Truro)*: . . . . . (902) 897-7355
Toll-free: 1-800-719-6643

Seniors Snow Removal Program (HRM)

Halifax Regional Municipality (HRM) has partnered with seniors groups and other volunteer groups in HRM, to provide a snow removal service for seniors (65+) or disabled persons.

Seniors wishing to receive this service, must pre-register for the program and provide a shovel and salt for the volunteer. Registration closes in early December.

For more information, contact:

Snow Removal General Inquiries
Phone: . . . . . .(902) 558-1049
Website:
www.region.halifax.ns.ca/services/seniorssnow.html

Halifax

Chebucto Links
Phone: . . . . . .(902) 422-3525

Rockingham Community Centre:
Phone: . . . . . .(902) 490-4686

Spencer House Seniors Centre:
Phone: . . . . . .(902) 421-6131

Dartmouth

Dartmouth Seniors Service Centre
Phone: . . . . . .(902) 465-5578

Sackville

Sackville Seniors Advisory Council
Phone: . . . . . .(902) 854-5591

Grocery Delivery Services

This is a new listing outlining the grocery delivery services available to seniors in Nova Scotia. Grocery delivery costs vary depending on the store. Orders are usually phoned in during a specified time. The programs listed are those we are aware of. If you know of another program, please contact the Senior Citizens' Secretariat at 1-800-670-0065.

Colchester County

Prince Street Sobeys, Truro
Phone: . . . . . .(902) 895-9579

Digby County

Warwick Street Sobeys, Digby
Phone: . . . . . .(902) 245-6246

Halifax Regional Municipality

Main Street Sobeys, Dartmouth
Phone: . . . . . .(902) 434-6696

Wyse Road IGA, Dartmouth
Phone: . . . . . .(902) 465-7254

Mumford Road Sobeys, Halifax
Phone: . . . . . .(902) 454-7277

Queen Street Sobeys, Halifax
Phone: . . . . . .(902) 422-9884

Shelburne County

Main Street Sobeys, Barrington Passage
Phone: . . . . . .(902) 637-3063

King Street Sobeys, Shelburne
Phone: . . . . . .(902) 875-2458

Queens County

Bristol Avenue Sobeys, Liverpool
Phone: . . . . . .(902) 354-4225

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Email: retire@nbnet.nb.ca Web Site: www.retirementmiramichi.ca

Retirement MIRAMICHI INC.

Counselling and Life Management Services

ElderCare Atlantic Inc.

This company provides coordinated life management services to seniors and their families. Its team of professionals develops customized plans to cover a wide variety of client needs in areas such as financial, home, and health management. Services include health needs assessment and management, home care, paying bills, preparing tax returns, helping with home maintenance/management (everything from grass cutting, to snow removal, to general repairs, to wheel chair ramp construction), objective review of residence options, and assisting with residence transition. Fees vary depending on the services provided.

For more information, contact:
Steve or Gary Armstrong
15 Botany Terrace
Halifax, NS B3N 2Z6

Phone: . . . . . .(902) 446-3636
E-mail: eldercareatl@hfx.eastlink.ca

Care Management for Seniors

This service implements and monitors an individualized care plan which enables those with decreased mental or physical health to remain in their home with quality care. The service is aimed at seniors living at home with a chronic or acute care situation.

Counsellors can help you access public and private care services to obtain hourly, daily, weekly, and live-in care. It specializes in dementia-type disorders, offers counselling and mediation for families in which communication has broken down, and provides education programs on "Senior Care Issues" in the workplace.

For more information, contact:
Patricia Murphy Cosgrove MSW, RSW
Halifax, NS

Phone: . . . . . .(902) 431-6407
E-mail: caremanagement@hfx.eastlink.ca

ElderCare
Atlantic Inc
• access to home care support
• home management
• review of residence options
• financial management
...leave the details to us
Phone: 902 446-3636
Email: eldercareatl@hfx.eastlink.ca
0018439

Caregiver Support

Caregiver Resource Library — Nova Scotia Centre on Aging

See information provided on page 41.

Family Caregivers Association of Nova Scotia

This association provides information and support to caregivers —those special people who care for family, friends, or neighbours of any age who are physically or mentally challenged, chronically ill, or frail. Their care can be provided either at home or in a care facility. Caregivers are neither paid nor volunteers due to their personal bond with the care receiver.

Support groups for family caregivers are active in many parts of Nova Scotia.

Contact the association to locate the group nearest you, to receive a free newsletter, or find answers to your caregiving questions.

For more information, contact:
5355 Russell Street
Halifax, NS B3K 1W8

Phone: . . . . . .(902) 421-7390
Toll-free: 1-877-488-7390
E-mail: fcgans@caregiversns.org
Website: www.caregiversns.org

Respite Care

Some long-term care homes have respite care beds set aside to allow your care needs to be met in a long-term care home while your caregivers have a break (see page 99).

Call the Continuing Care toll-free line at **1-800-225-7225**, to learn more about the respite services for caregivers available through the Continuing Care program (see page 96). Respite services are also provided by many private home care agencies (see page 113).

Palliative Care and Coping with Death

Palliative care combines active and compassionate therapies to comfort and support individuals and families who are living with a progressive life-threatening illness, or who are bereaved.

Palliative care can provide relief from pain and other distressing symptoms, and offer a support system to help you live as actively as possible until death. It can also offer a support system to help your family cope during your illness and in their own bereavement.

This fall get your flu shot!

Nova Scotia Hospice/ Palliative Care Association

This association promotes the philosophy and principles of palliative care. It provides education for its members and surrounding communities. The association is the spokesperson for palliative care in Nova Scotia.

It provides a directory of palliative care, hospice, and support services in Nova Scotia. With over 40 entries, the directory is comprehensive and complete. To obtain a copy, either send an e-mail to the association at **judy.simpson@ccns.nshealth.ca** or call the Senior Citizens' Secretariat at **1-800-670-0065**.

For more information, contact:
Ann McKim, President
c/o 207 Willow Street
Truro, NS B2N 5A1

Phone: . . . . . .(902) 893-5554 ext.2308
E-mail: amckim@chdha.nshealth.ca

Hospice Society of Greater Halifax

This society offers the Grieving Circle, every Tuesday evening from 5:00–6:30 at Spencer House, 5596 Morris Street, Halifax. Trained facilitators guide discussion and provide information about loss and grief. There is no fee, and those experiencing a loss may join anytime and attend once, occasionally, or every week.

The Hospice Society is working to establish a hospice residence in the Capital Health District. Hospice/palliative care supports individuals and families to allow final days to be lived fully. New members and volunteers are welcome.

For more information, contact:
Shari Vogler, Director
PO Box 33076
Halifax, NS B3L 4T6

Phone: 446-0929
E-mail: hospice@eastlink.ca
Website: www.hospicehalifax.com

Pre-Planning Your Affairs

The period following a death is a highly emotional one. Some pre-planning can spare your friends and family from confusion, worry, some agonizing decisions, and legal entanglements. Do you know where your important papers and documents are located? If you don't, it is unlikely that your survivors will be able to find them either.

Important Documents — Your immediate family or friends should be entrusted with the location of your personal documents. This matter is best done by preparing a list of your most important documents, and keeping them in one location. You should include these documents in your record: birth certificate, social insurance number, will, insurance policies, mortgages, deeds, tax bills, leases, debts, and bank accounts.

Preparing for an Expected Death at Home

A brochure is available on the Department of Health website at **www.gov.ns.ca/health/reports.htm** to assist persons who are preparing for an expected death at home. It has two sections: the first is written for the person who is terminally ill; the second will help family, friends, and others understand what is happening to their loved one during the last days and hours of life.

To request a print copy of the brochure, contact the Senior Citizens' Secretariat, at **1-800-670-0065**.

Funeral Arrangements

When someone dear to you dies, it is important to find out his/her instructions concerning funeral arrangements and bequeathing the body for medical research or organ donation. Funeral arrangements can be very expensive. Ask for detailed estimates before committing yourself, and try to cut costs by eliminating the items you consider to be least important. Cremation is one available alternative.

In situations where there is little or no money for funeral expenses, assistance may be available through the Nova Scotia Department of Community Services.

Nelson MONUMENTS
Serving Atlantic Canada for over 94 Years

Check your local yellow pages directory for a memorial counsellor in your area or call toll free 1-800-561-9014
Visit our showrooms or call for a free 60 page colour catalogue
Have you considered pre-arranging your family memorial?

Halifax Showroom
405 Sackville Dr
Vogue Optical Plaza
Lwr. Sackville, NS B4C 2R9
Don Green
865-2025

New Minas Showroom
8903 Commercial St.
New Minas, NS
B4N 3E1
Jan Hiltz
681-2887

www.nelsonmounments.com

ATLANTIC
FUNERAL HOMES

Caring people offering gentle guidance for more than 10 years.

For more information about the services we offer, please call, anytime.

Halifax 453-1434 | Dartmouth 462-1434 | Sackville 864-1434

To apply, contact the Field Office nearest you (see page 60). Members of religious organizations should call their clergy first, to discuss matters. If the deceased was a war veteran, Veterans Affairs Canada may provide assistance.

Last Post Fund Veterans Funeral Services

The Last Post Fund is a non-profit national corporation with branches across Canada. Its purpose is to arrange and pay for the funeral and burial of qualified war veterans.

Applications for reimbursement of funeral and burial costs may also be submitted for consideration up to one year following the death of a war veteran.

For more information, contact:
Last Post Fund, Nova Scotia Branch
Chebucto Place
7105 Chebucto Road, Suite 200A
Halifax, NS B3L 4W8

Phone: . . . . . .(902) 455-5283
Toll-free: 1-800-565-4777
E-mail: lpfnsb@eastlink.ca
Website: www.lastpostfund.ca

JKM Industries

JKM Industries creates cremation urns memory chests, pet caskets, pet urns, and memory boxes.

For more information, contact:
JKM Industries
Bedford, NS B4A 3X2

Phone: . . . . . .(902) 832-7137
Website: www.jkmindustries.com

Notification of Death

Following the death of a spouse or loved one it is necessary to contact various government and private companies and advise them to terminate programs. A brief listing of possible contacts follows:

- Human Resources Development Canada, Income Security Programs *(Old Age Security, Canada Pension Plan)*
- Veterans Affairs Canada
- Private pension board of previous employer
- Nova Scotia Department of Health Pharmacare Program
- Nova Scotia Registry of Motor Vehicles re driver's licence
- Insurance companies
- Credit card companies

Death Certificate

In most situations, funeral directors look after arrangements and have the death registration submitted to the Deputy Registrar General. If you require a copy of the death certificate for any purpose, it may be obtained for a fee of $25 from the Deputy Registrar General, at the number listed below.

For more information, contact:
Service Nova Scotia and
Municipal Relations
PO Box 157, Halifax, NS B3J 2M9

Phone *(Halifax)*: . . . . . .(902) 424-4381
Toll-free: 1-877-848-2578

Death Benefits

Several pension plans include survivor benefits. All sources of income for the deceased should be checked to see what provisions are made for survivors. Because of the way pensions and annuities are treated under the Income Tax Act, it is important for a surviving spouse to examine all options. Plans to consider are: Old

Age Security, Canada Pension Plan Death Benefit, Surviving Spouse's Benefit, Dependent Childrens' Pension, and any private pension plans, i.e. military pensions, company and/or other work related plans. If you need assistance with this, consult an accountant.

Health-Related Organizations

Abilities Foundation of Nova Scotia

The Foundation serves children, teens, and adults with physical disabilities in Nova Scotia. Services include assistive devices, job-skills training centre, mobile medical clinics, active living programs, polio survivors support group, and information and referral services. ***You can call to request an authorization form for reduced-fare bus/train tickets.***

For more information, contact:
Faye Joudrey, Coordinator
Community and Client Services
3670 Kempt Road, Halifax, NS B3K 4X8

Phone: . . . . . .(902) 453-6000
E-mail: admin@abilitiesfoundation.ns.ca
Website: www.abilitiesfoundation.ns.ca

ALS Society of Canada

This voluntary organization is committed to supporting research towards a cure for Amyotrophic Lateral Sclerosis (ALS), and to supporting ALS partners in the provision of quality of care for persons affected by ALS. The society offers and provides information and referrals, support for persons with ALS and their families, equipment programs, and advocacy.

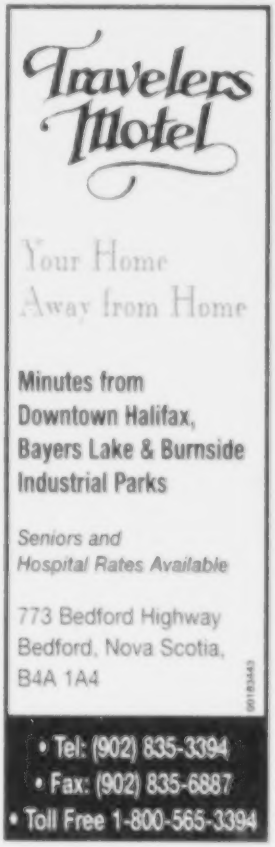
For more information, contact:
ALS Society of Nova Scotia
1161 Hollis Street, Suite 212
Halifax, NS B3H 2P6

Phone: . . . . . .(902) 454-3636
E-Mail: als.society@ns.sympatico.ca
Website: www.als.ca

Alzheimer Society of Nova Scotia

The society is committed to relieving the personal and social effects of Alzheimer disease and other dementia. It helps individuals, family members, friends, and caregivers affected by the disease. The society also supports the search for the disease's cause and cures.

Programs include:
an education and support program, advocacy, fund development events, and resource services accessible to all Nova Scotians. The society's education and support groups offer telephone support and monthly meetings throughout Nova Scotia. You can ask for a list of resource services, books, and videos. Free information packages are available.



Family Education Support Groups — The Alzheimer Society has 32 locations in the province that offer support and information to families. Monthly support groups give you the opportunity to learn from the experiences of other families. Meetings may feature guest speakers or video presentations. In areas where meetings are not held, the volunteer community leaders provide telephone support.

Early Alzheimer Support Program — This program is for individuals diagnosed in the early stages of Alzheimer disease. It consists of a support group led by trained professionals with experience helping individuals and families affected by a memory disorder. Support groups meet for a total of eight sessions at the QEII Health Sciences Centre – Camp Hill Veterans Memorial Building, in Halifax.

For more information, contact:
5954 Spring Garden Road
Halifax, NS B3H 1Y7

Phone: . . . . . .(902) 422-7961
Toll-free: 1-800-611-6345
E-mail: info@alzheimer.ns.ca
Website: www.alzheimer.ca

The Arthritis Society

The Society offers a variety of arthritis education, information, and support programs to help people better manage and live with arthritis. The Society is the only not-for-profit organization in Canada dedicated to funding scientific research to determine the causes and a cure for arthritis.

The Arthritis Registry — To join this free service, call the Arthritis Information Line at **1-800-321-1433** and receive useful information on the arthritis treatments, medications, programs, and services available in your area.

For more information contact:
Nova Scotia Division, West End Mall,
6960 Mumford Road, Suite S-13
Halifax, NS B3L 4P1

Phone: . . . . . .(902) 429-7025
Toll-free: 1-800-321-1433
E-mail: info@ns.arthritis.ca
Website: www.arthritis.ca/novascotia

Canadian Cancer Society

This volunteer-based organization funds cancer research and provides support, through programs and services, for those affected by cancer. The organization also provides information on all aspects of cancer, including how to reduce your cancer risk and what services are available nearest to you. To learn more about the Canadian Cancer Society's activities, call

Minor inconvenience today, major problem in the future...

Many people continue to put off the minor inconvenience of making a Will.

We urge you to take action now... Your family will appreciate it. The charities you will support will appreciate it. And you will appreciate the peace of mind knowing your loved ones are taken care of.

Make your Will today.

Planned Giving

For your free **Will Planner**, call Jennifer Faulkner at ***Easter Seals Nova Scotia*** TEL: 902 453-6000 ext. 231

The Easter Seal Society Nova Scotia

toll-free 1-800-639-0222 or visit www.cancer.ca.

Cancer Information Service — The society offers a toll-free information service staffed by caring, knowledgeable, personnel who provide information on all aspects of cancer. *Call*: **1-888-939-3333**

Smokers' Helpline — This new toll-free, telephone-based, information and support service is for smokers and people who care about them. Trained personnel answer questions about quitting and help callers develop a "quit plan" that will work for them. *Call*: **1-877-513-5333**

Cancer Connection — This new toll-free, telephone-based, one-on-one peer support program connects people living with cancer to people who provide support based on similar cancer experience. *Call*: **1-800-263-6750**

For more information, contact:
Canadian Cancer Society
Nova Scotia Division
5826 South Street, Suite 1
Halifax, NS B3H 1S6

Phone: 423-6183
Toll-free: 1-800-639-0222
E-mail: ccs.ns@ns.cancer.ca
Website: www.cancer.ca

Canadian Celiac Association

This national organization is dedicated to providing services and support to persons with celiac disease and dermatitis herpetiformis through programs of awareness, advocacy, education and research. The Halifax Chapter office offers many resources to help those affected to understand the disease and cope with a gluten-free diet. This includes newsletters, product information, and cookbooks.

For more information contact:
Ernie Nickerson, President
Halifax Chapter
PO Box 9104 Station A
Halifax, NS B3K 5M7

Phone: . . . . . .(902) 464-9222
Website: www.celiac.ca
E-mail: celiac.halifax@ns.sympatico.ca

Canadian Diabetes Association

This association promotes the health of Canadians through diabetes research, education, service and advocacy. Services include summer camps, weekend retreats (one especially for those 50+), literature, awareness, and other educational sessions. The *Diabetes Dialogue Magazine*, issued quarterly, is included with membership. The association runs the Diabetes Supply Centre which sells diabetes supplies, excluding medications.

For more information, contact:
Nova Scotia Region
6080 Young Street, Suite 101
Halifax, NS B3K 5L2

Phone: . . . . . .(902) 453-4232
Toll-free: 1-800-326-7712
Website: www.diabetes.ca

Canadian Liver Foundation

The Foundation works to raise funds for research and education into the causes, diagnoses, prevention, and treatment of liver disease. It also provides many services for liver disease patients, their families, health care professionals, and the public. Services include: education programs, information services, public awareness activities, research grants, and organ-donation awareness campaigns.

For more information, contact:
Gina Lipson, Halifax Chapter

Phone: . . . . . .(902) 423-8538
Toll-free: 1-800-563-5483
E-mail: clf@liver.ca
Website: www.liver.ca

Canadian Mental Health Association

This voluntary association promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness. It accomplishes its mission through advocacy, education, research, and services.

The association's Nova Scotia Division and local offices may offer any of the following services: informal social support for individuals of all ages who have had mental health problems, information about mental health services and resources, public education to encourage open minds and understanding, and advocacy for improved mental health services.

For more information, contact:

Nova Scotia Division
Phone: . . . . . .(902) 466-6600
E-mail: cmhans@netcom.ca

Annapolis County — Bridgetown
Phone: . . . . . .(902) 665-4801

Cape Breton — Sydney
Phone: . . . . . .(902) 567-7735
E-mail: cmhacbrh@cbdha.nshealth.ca

Colchester/East Hants County — Truro
Phone: . . . . . .(902) 895-4211
E-mail: cmha@eastlink.ca

Dartmouth
Phone: . . . . . .(902) 463-2187
E-mail: myerst@accesswave.ca

Halifax
Phone: . . . . . .(902) 455-5445
E-mail: cmhahal@istar.ca

Kings County — Kentville
Phone: . . . . . .(902) 679-7465
E-mail: Mhepburn.cmhao@ednet.ns.ca

Lunenberg County — Bridgewater
Phone: . . . . . .(902) 527-1893
E-mail: cmhalcb@hotmail.com

Pictou County — New Glasgow
Phone: . . . . . .(902) 755-9441
E-mail: cmha.pcb@ns.sympatico.ca

Epilepsy Association of Nova Scotia

The Association provides support to Nova Scotians affected by epilepsy.

Janet Hazelton, President of the Nova Scotia Nurses' Union
BScN, RN

The Nova Scotia Nurses' Union represents over 5500 Nurses ,both Registered Nurses and licensed Practical Nurses, working in hospitals and long term care facilities, as well as the VON and Canadian Blood Services throughout the province.

Courage to Lead, Confidence to Challenge, Commitment to Care

Nova Scotia Nurses Union

The Nova Scotia Nurses' Union
30 Frazee Avenue, Dartmouth, Nova Scotia B3B 1X4
469-1474 / 1-800-469-1474 www.nsnu.ns.ca

Services include information, counselling, advocacy, education programs to schools and employers, scholarships, research grants, social functions, a newsletter, and a resource library.

For more information, contact:
Deborah Boltz, Executive Director

Phone: . . . . . .(902) 429-2633
E-mail: eans@ns.sympatico.ca
Website: www.epilepsyns.com

Halifax Stroke Club

The club operates as a self-help group for stroke survivors, family, and friends. It also offers support and companionship.

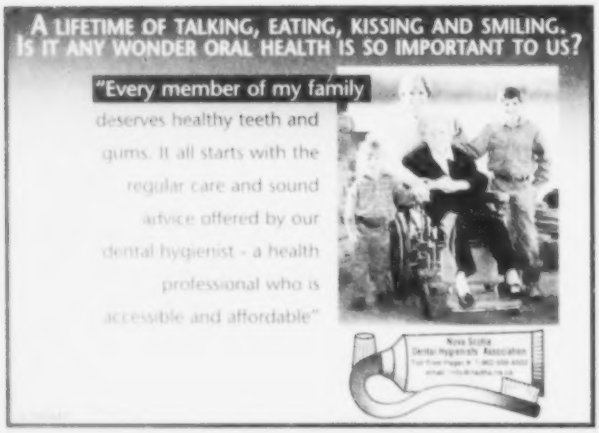
For more information, contact:
Mel MacLeod

Phone: . . . . . .(902) 477-1381

Heart and Stroke Foundation of Nova Scotia

The Foundation promotes the study, prevention, and reduction of premature death and disability from heart disease and stroke. It supports research, education, and the promotion of healthy living.

It offers a variety of programs and educational resources to patients, their families, and to the general public. Current programs include: Heart to Heart ™, Heart Smart Nutrition Program, HeartSmart™ Basics, Leaders Among Us, Hearts in Motion™, and Emergency Cardiac Care/CPR.


A LIFETIME OF TALKING, EATING, KISSING AND SMILING.
IS IT ANY WONDER ORAL HEALTH IS SO IMPORTANT TO US?
"Every member of my family
deserves healthy teeth and
gums. It all starts with the
regular care and sound
advice offered by our
dental hygienist - a health
professional who is
accessible and affordable"

For more information, contact:
204–5523 Spring Garden Road
Halifax, NS B3J 3T1

Phone: . . . . . .(902) 423-7530
Toll-free: 1-800-423-4432
Website: www.heartandstroke.ca

Kidney Foundation of Canada

The Foundation is dedicated to improving the health and quality of life of people living with kidney disease. It funds research and clinical education, provides services for the special needs of individuals living with kidney disease, advocates for access to high-quality care, and actively promotes awareness of and commitment to organ donation.

For more information, contact:
Marie Oxner, Office Administrator
Nova Scotia Branch
1657 Barrington Street, Suite 235
Halifax, NS B3J 2A1

Phone: . . . . . .(902) 429-9298
Toll-free: 1-800-889-5557
E-mail:
kidneyfoundation@ns.aliantzinc.ca
Website: www.kidney.ca

Lung Association of Nova Scotia

The Lung Association's fund-raising activities provide resources to support the goal of improving lung health and fighting lung disease across the province. It provides public education, research, patient services

and professional education for the medical community.

The Association has a new information and support program for those with COPD (Emphysema and Bronchitis) called *Breathworks*. To speak with a certified COPD education counsellor, call **1-866-717-2673**.

For more information, contact:
Bill VanGorder, President CEO
17 Alma Crescent
Halifax, NS B3N 3E6

Phone: . . . . . .(902) 443-8141
Toll-free: 1-888-566-LUNG (5864)
E-mail: info@ns.lung.ca
Website: www.ns.lung.ca

This fall get your flu shot!

Multiple Sclerosis (MS) Society of Canada

The MS Society works to find a cure for multiple sclerosis and is dedicated to improving the quality of life for people with MS. The Atlantic Division raises funds for MS research and provides information, funding, and support to people with MS, their family and friends, and health care professionals.

For more information, contact:
Atlantic Division
71 Ilsley Avenue, Unit 12
Dartmouth, NS B3B 1L5

Phone: . . . . . .(902) 468-8230
Toll-free: 1-800-268-7582
E-mail: info.atlantic@mssociety.ca
Website: www.mssociety.ca

Exercise will cut the risk of high blood pressure, heart disease, stroke, diabetes and osteoporosis. It also improves mood, staving off depression and anxiety.

Take Thirty Fitness Centres are comfortable women's only facilities that cater to all ages and fitness levels. Featuring specially designed hydraulic equipment, the Take Thirty program provides a complete cardiovascular and strength training workout in just 30 minutes. Take Thirty membership also includes the nutrition and lifestyle program -Take Thirty Steps™. Call for a no-obligation complimentary fitness assessment and workout.

10 locations in Nova Scotia with more to open

- **New Minas**, 8934 Commercial St. *681-2186*
- **Halifax, NS** 91 Spring Garden Road B3H 1Y6 *492-3700*
- **Bedford**, 961 Bedford Hwy *832-2530*
- **Antigonish**, 3004 Post Road, Hwy 104 *867-3230*
- **Spryfield**, 336 Herring Cove Road *477-4447*
- **Chester**, 106 Duke St. *275-3255*
- **Yarmouth**, 130 Starrs Road *742-0557*
- **Windsor**, 10 Water St. *792-1500*
- **Wolfville**, 395 Main St. *542-7558*
- **Upper Tantallon**, Bay Area Professional Centre, 5288 St. Margaret's Bay Road *826-2284*

Muscular Dystrophy Association of Canada

This voluntary organization provides essential programs and services to Canadians affected by neuromuscular disorders (progressive wasting and weakness of the muscles that control body movement). It also funds research into treatments and cures. Programs and services provided by the Atlantic Division include: the Atlantic Equipment and Mobility Program, a peer support program, education and advocacy, and individual support.

For more information, contact:
Janet Everest, Atlantic Division
1888 Brunswick Street, Suite 804
Halifax, NS B3J 3J8

Phone: . . . . . .(902) 429-6322
E-mail: infoatlantic@mdac.ca

Osteoporosis Society of Canada

This society educates, empowers, and supports individuals in the prevention and treatment of osteoporosis. The society is a resource for patients, health professionals, the media, and the general public. You can call the society to ask for medically accurate information on the causes, prevention, and treatment of osteoporosis.

For more information, contact:
Nova Scotia Chapter
Jean Murdoch, Chairperson

Phone: . . . . . .(902) 445-2448

or

Osteoporosis Society of Canada
33 Laird Drive
Toronto, ON M4G 3S9

Toll-free *(English)*: 1-800-463-6842
(French): 1-800-977-1778
E-mail: osc@osteoporosis.ca
Website: www.osteoporosis.ca

Parkinson Society Canada

This organization, with partners across Canada, shares a collective vision to ease the burden and find a cure for Parkinson's disease. Programs include: advocacy, education, research, and support services to improve quality of life for people affected by Parkinson's.

Call the toll-free number for information on support groups and chapters.

For more information, contact:
Maritime Region
5991 Spring Garden Road, Suite 290
Halifax, NS B3H 1Y6

Phone: . . . . . .(902) 422-3656
Toll-free: 1-800-663-2468
E-mail: info@parkinsonsocietymaritimes.ca
Website: www.parkinson.ca

Psoriasis Society of Canada

The Society is an organization of support groups. Its goals are to increase awareness of psoriasis, form support groups across Canada, consult with government, assist with programs and services, and encourage research programs.

For more information, contact:
Judy Misner, President
PO Box 25015
Halifax, NS B3M 4H4

Phone: . . . . . .(902) 443-8680
Toll-free: 1-800-656-4494
Website: www.psoriasissociety.org

A regular Pap test could save your life!

Victorian Order of Nurses (VON)

This charitable organization provides professional health care services to individuals and their families at home or in the community setting. Its visiting nursing, home support, and charitable programs help seniors stay independent and in charge of their own lives. Services include health assessment and teaching, rehabilitation, palliative care, bereavement follow-up, homemaking, personal care, and respite care. Charitable services include meals programs, transportation programs, volunteer visiting, and more.

Referrals are accepted from all sources. Care is provided in consultation with a physician. Service is available seven days a week. VON is supported by fees for service, donations, grants, and fundraising projects.

Fees: Based on the average cost of the visit. If you live in the areas served, you will not be refused service for financial reasons.

For more information, contact:

VON Canada Nova Scotia
108 Cobequid Road
Lower Sackville, NS B4C 2N2

Phone: . . . . . .(902) 865-4688

VON Offices

Greater Halifax . . . . . .(902) 453-5800
Lunenburg County . . . . .(902) 624-1897
Queens County . . . . . .(902) 354-3249
Tri-County . . . . . .(902) 742-4512
Cumberland County . . .(902) 667-8796
Colchester East Hants . .(902) 893-3803
Antigonish . . . . . .(902) 863-5700
Cape Breton Metro . . . . .(902) 562-1297
Pictou County . . . . . .(902) 752-3184
Annapolis Valley . . . . . .(902) 678-3415

Give us your comments

If you have suggestions for improving *Programs for Seniors*, please take a few minutes to fill out this comment form and mail it to the address on the back.

Place an X in the box next to the word that best describes your opinion.

1. **How would you rate the usefulness of the information in *Programs for Seniors*?**
   - ❑ Not Useful
   - ❑ Useful
   - ❑ Very Useful
   - ❑ Other _____

2. **How easy is it to locate the information you need?**
   - ❑ Not easy
   - ❑ Easy
   - ❑ Very Easy
   - ❑ Other _____

3. **What age category are you in?**
   - ❑ (65+)
   - ❑ (50–64)
   - ❑ (49–)

Continued on next page

4. If you have any suggestions for improving *Programs for Seniors*, please list them below.

Thank you for taking the time to complete this comment form.

Your answers and comments will be very useful in preparing the next edition of *Programs for Seniors*.

Please mail to:

Nova Scotia
Senior Citizens' Secretariat
PO Box 2065
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Guaranteed Income Supplement (GIS)

If you are 65+, have a low or modest income, and are not receiving the GIS, call the Old Age Security Program to see if you qualify for benefits.

Call **1-800-277-9914**

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*Journal of Agricultural and Food Chemistry, 48, 159–166, 2000, as reported in 2002 Wild Blueberry Association of North America

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